



Stockton School

South Hunterdon Regional School District

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.90

Maschio's Swap Outs

Monday: Turkey & Cheese Sandwich
Tuesday: Chicken Caesar Salad Wrap
Wednesday: Turkey & Cheese Sandwich
Thursday: Chicken Caesar Salad Wrap
Friday: Tuna Salad on a Croissant

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich

Connect with us!   



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>			
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Sweet Peas Fresh or Chilled Fruit	6 Baked Chicken Mashed Potatoes Dinner Roll Fresh or Chilled Fruit	7 Nicola Pizza Tossed Salad Fresh or Chilled Fruit	1 Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
12 Corn Dog Nuggets Buttered Noodles Green Beans Fresh or Chilled Fruit	13 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Nicola Pizza Tossed Salad Fresh or Chilled Fruit	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce & Salsa Tostitos SCOOPS! Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 New Item! Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken BLT Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	21 Nicola Pizza Tossed Salad Fresh or Chilled Fruit	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
26 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 Nicola Pizza Tossed Salad Fresh or Chilled Fruit	22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 New Item! Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit

Our well-balanced lunches available for the week, average between **600-650 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Questions or Concerns?
 Please Visit www.MaschioFood.com
 or Call Maschio's Food Services at: (609)397-1672



MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"