



Carteret Elementary School

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	\$3.45

Monday: Muffin Bag
 Tuesday: Cereal Bag
 Wednesday: Muffin Bag
 Thursday: Cereal Bag
 Friday: Cereal or Muffin Bag

Friday

Maschio's Swap Outs Available Daily
Bagel and Yogurt Bag
 Extra Slice of Papa John's Pizza \$2.10
 8 ounce water available daily for purchase \$0.50

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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>		1 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	2 Mini Pizza Bagels Baby Carrots Fresh or Chilled Fruit
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 Meatball Parm with Dinner Roll Steamed Carrots Fresh or Chilled Fruit	7 <i>Lucky Tray Day</i> Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	9 Grilled Cheese Sandwich Baby Carrots Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	13 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Baked Ziti Warm Garlic Dinner Roll Green Beans Strawberry Applesauce	15 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	16 Twisted Cheesy Breadsticks with Marinara Sauce Vegetable Medley Fresh or Chilled Fruit
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Dinner Roll Fresh or Chilled Fruit	21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	23 New Item! Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, & Salsa Corn Fresh or Chilled Fruit	28 Breakfast for Lunch Waffles Breakfast Sausages Maple Cinnamon Sweet Potato Tots 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: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at myschoolbucks.com :
 10 for \$28.50 / 20 for \$57.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"