



Oakview Elementary School

February 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

February is **Heart Healthy Month!**

Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

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 \$2.75
 Reduced Lunch \$0.40
 Adult Lunch \$3.35

MASCHIO'S MAIN EVENT

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

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$1.95

8 ounce water available daily for purchase \$0.50



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



Check us out on Facebook: Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Day with Meat Sauce Dinner Roll Vegetable Medley Fresh or Chilled Fruit	2 Stadium Turkey Pretzel Dog Smile Fries Fresh or Chilled Fruit Super Bowl Celebration	3 Mini Cheese Calzones with Marinara Sauce Baby Carrots Fresh or Chilled Fruit
6 Chicken Nuggets Dinner Roll Sautéed Green Beans Fresh or Chilled Fruit	7 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	8 Turkey & Cheese Melt on a Bun Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken Fajita over Rice Cheddar Cheese, Peppers & Onions Mixed Vegetables Fresh or Chilled Fruit	10 Twisted Cheesy Breadsticks with Marinara Dipping Sauce Honey Glazed Carrots Fresh or Chilled Fruit
13 Sabrett's All Beef Hot Dog on a Bun Steamed Corn Fresh or Chilled Fruit	14 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Pasta Day with Meat Sauce Dinner Roll Broccoli Italiano Fresh or Chilled Fruit	16 Mozzarella Sticks With Marinara Sauce Dinner Roll Mixed Vegetables Fresh or Chilled Fruit	17 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit
20 School Closed Presidents' Day	21 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	22 Lucky Tray Day Boneless BBQ Chicken Dinner Roll Baked Beans Fresh or Chilled Fruit	23 Pasta with Chicken and Broccoli Dinner Roll Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit
27 Crispy Chicken Sandwich on a Bun Green Beans Fresh or Chilled Fruit	28 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>		

Our well-balanced lunches available for the week, average between 550-650 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 \$27.50 / 20 for \$55.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"