

Student Lunch **\$2.85**    Reduced Lunch **\$0.40**    Adult Lunch **\$3.35**

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

**Fast & Fresh**      **Low Fat Yogurt Meal**  
Fruit & Cheese Platter with Pita Bread

**Great Grillers**      **Hamburger or Cheeseburger on a Bun**  
**Chicken Patty on a Bun**

**Deli Central**      **Made to Order:**  
Assorted Quality Deli Meats and Cheeses on Fresh Rolls and Wraps with a Variety of Fresh Toppings

**Harvest Market**      **Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers**  
Featured Daily

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Connect with us!   

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: (908)352-7664 ext 8442

# The Main Event

Monday      Tuesday      Wednesday      Thursday      Friday

 <p><b>Keep your heart happy by choosing healthy options!</b></p>		<b>1</b> <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	<b>2</b> <b>Bella's Pizza New York Style</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit
		<b>5</b> <b>Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	<b>6</b> <b>Tacos with Beef Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit
<b>12</b> <b>All-Natural Beef Hot Dog on a Bun</b> Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	<b>13</b> <b>Fish Sticks</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>14</b> <b>Valentine's Day Half Day</b>  <b>No Lunch Served</b>	<b>15</b> <b>Chinese New Year Celebration Sweet &amp; Sour Diced Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie
<b>19</b> <b>President's Day</b>  <b>School Closed</b>	<b>20</b> <b>Chicken Nuggets</b> Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	<b>21</b> <b>Philly Cheesesteak Hero with Peppers &amp; Onions</b> French Fries Fresh or Chilled Fruit	<b>22</b>  <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Black Bean Salad Fresh or Chilled Fruit
<b>26</b> <b>Crispy Chicken BLT on a Croissant</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>27</b> <b>Papa John's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>28</b> <b>Roast Turkey with Gravy</b> Steamed Rice Vegetable Medley Fresh or Chilled Fruit	<b>23</b> <b>Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit



**MENU SUBJECT TO CHANGE**

Cash, checks, and online payment are accepted.

Online payments can be made at [LunchPrepay.com](http://LunchPrepay.com)

**Please Make Checks Payable To: Hillside Board of Education**



"This institution is an equal opportunity provider"