



# Hillside Elementary Schools

## 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	\$2.60
Reduced Lunch	\$0.40
Adult Lunch	\$3.35

Maschio's Swap Outs Available Daily

Assorted Quality Deli Meat & Cheese Sandwiches

Peanut Butter & Jelly Sandwich Meal with Whole Grain Pretzels & Mozzarella Cheese Stick

PAPA JOHN'S DELIVERIES

APM: 2/6	CC: 2/2
GW: 2/2	HL: 2/15
WOK: 2/23	HS: 2/27

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Keep your heart happy by choosing healthy options!			
<p><b>5 Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p><b>6 Twin Tacos with Beef Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit</p>	<p><b>7 Popcorn Chicken</b> Buttered Noodles Green Beans Fresh or Chilled Fruit</p>	<p><b>1</b> <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>2</b> <b>Bella's Pizza New York Style</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit</p>
<p><b>12 All-Natural Beef Hot Dog on a Bun</b> Smile Fries Baked Beans Fresh or Chilled Fruit</p>	<p><b>13 Fish Sticks</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>14 Valentine's Day Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit</p>	<p><b>8</b> <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit</p>	<p><b>9</b> <b>New Item! Turkey Pepperoni Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p><b>19</b> <b>President's Day</b> <b>School Closed</b></p>	<p><b>20</b> <b>Chicken Nuggets</b> Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit</p>	<p><b>21</b> <b>Half Day</b> <b>No Lunch Served</b></p>	<p><b>15</b> <b>Chinese New Year Celebration</b> <b>Sweet &amp; Sour Diced Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie</p>	<p><b>16</b> <b>School Closed</b></p>
<p><b>26</b> <b>Crispy Chicken BLT on a Croissant</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p><b>27</b> <b>Baked Ziti</b> Warm Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p><b>28</b> <b>Roast Turkey with Gravy</b> Steamed Rice Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>22</b>  <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!</b> Tortilla Chips Black Bean Salad Fresh or Chilled Fruit</p>	<p><b>23</b> <b>New Item! Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit</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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 908-352-7664 ext 8442

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**



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