



Thomas Edison Charter

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 \$3.00

Reduced Lunch \$0.40

Adult Lunch \$4.00

MASCHIO'S MAIN EVENT

Maschio's Swap Outs

Monday: Cheese Quesadilla

Tuesday: Cheeseburger on a Bun

Wednesday: Yogurt Parfait with Granola

Thursday: Chicken Caesar Salad Meal

Friday: All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Yogurt and Bagel Meal

Veggie Burger on a Bun

Hummus Platter

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Day with Meatballs Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	2 Stadium Pretzel Dog Smile Fries Fresh Orange Wedges Super Bowl Celebration	3 Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
6 Chicken Nuggets Warm Pretzel Stick Sautéed Green Beans Fresh or Chilled Fruit	7 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	8 New Item! Ham & Cheese Melt on a Pretzel Bun Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Chunks Fresh or Chilled Fruit	10 NY Style Pizza Italian House Salad Fresh or Chilled Fruit
13 School Closed	14 New Item! Turkey Club on a Roll with Turkey Bacon, Lettuce & Tomatoes Fresh Veggie Dippers Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Half Day Meatball Parm Hero Potato Tots Fresh or Chilled Fruit	16 Grilled Cheese Sandwich Tomato Soup Veggie Dippers Fresh or Chilled Fruit	17 French Bread Pizza Spring Mix Salad Fresh or Chilled Fruit
20 School Closed Presidents' Day	21 Creamy Macaroni & Cheese Warm Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	22 Lucky Tray Day Roast BBQ Chicken with Rice Baked Beans Country Coleslaw Fresh or Chilled Fruit	23 New Item! All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, & Onions Carrot Raisin Salad Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
27 New Item! Chicken & Cheese Quesadilla Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit National Tortilla Day	28 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>		



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



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

Our well-balanced lunches available for the week, average between 550-650 calories.

Questions or Concerns? Please Visit www.MaschioFood.com

Cash and checks are accepted for advance meals. For online payments visit: Mealtime Online on your school website

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"