



# The Ethical Community Charter 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 \$3.75  
 Reduced Lunch \$0.40  
 Adult Lunch \$4.25

### Maschio's Swap Outs

**Monday:** Turkey-Ham & Cheese Sandwich

**Tuesday:** Grilled Chicken Salad

**Wednesday:** Tuna Sandwich

**Thursday:** Turkey & Cheese Sandwich

**Friday:** Grilled Chicken Caesar Wrap

### Maschio's Swap Outs Available Daily

Bagel Bag Meal with Cheese Stick, Bagel, and Cream Cheese  
 Cheese Sandwich  
 Vegetable Burger

Connect with us!   



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 <b>Super Bowl Celebration</b> <b>New Recipe!</b> Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks Fresh or Chilled Fruit	2 <b>Bella's Pizza</b> New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 <b>Meatless Monday</b> Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>New Recipe!</b> Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Fries Fresh or Chilled Fruit	7 <b>Lucky Tray Day!</b> Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 <b>SCOOP-A-BOWL</b> Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 <b>New Item!</b> Turkey Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 <b>Chicken Nuggets</b> Warm Breadsticks Vegetable Medley Fresh or Chilled Fruit	13 <b>Breakfast for Lunch</b> Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 <b>Valentine's Day</b> Spaghetti with Meatballs & Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 <b>Chinese New Year Celebration</b> Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 <b>Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
19 <b>President's Day</b> School Closed	20 <b>School Closed</b>	21 <b>School Closed</b>	22 <b>School Closed</b>	23 <b>School Closed</b>
26 <b>Crispy Chicken</b> BLT on a Croissant Oven Baked Fries Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day</b> <b>New Recipe!</b> Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 <b>Breakfast for Lunch</b> Pancakes Breakfast Sausages Hash Brown 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](http://www.maschiofood.com)  
 Or call Maschio's Food Services at: (201) 984-4151



"This institution is an equal opportunity provider"