



The Ethical Community Charter School

February 2018 Vegetarian 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 Super Bowl Celebration Veggie Nuggets Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks Fresh or Chilled Fruit	2 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 New Recipe! Southwest Bean Flatbread with Salsa-Ranch Sauce Sweet Potato Fries Fresh or Chilled Fruit	7 Lucky Tray Day Veggie Burger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 SCOOP-A-BOWL Mixed Beans & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Wedge Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Veggie Nuggets Warm Breadsticks Vegetable Medley Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Egg Patty Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Chinese New Year Celebration Sweet & Sour Veggie Nuggets with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 School Closed	21 School Closed	22 School Closed	23 School Closed
26 Grilled Cheese with Lettuce and Tomato on a Croissant Oven Baked Fries Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Mixed Beans, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Egg Patty 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
 Or call Maschio's Food Services at: (201) 984-4151

MENU SUBJECT TO CHANGE

 Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"