



# St. Peter's

## February 2014 Lunch Menu

### MAC's Nutrition News

#### Heart Healthy Month

Your heart is a muscle and getting at least 60 minutes of physical activity a day is very important to keep your heart healthy and strong!

To keep your heart happy, choose a variety of heart healthy option such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts & fat free/low fat milk!



- Student Lunch \$3.00
- Reduced Lunch \$0.40
- Adult Lunch \$3.50

#### All Meals Served with:

Vegetable of the Day and 1 selection from Mac's Veggie Patch, Fruit of the Day & Low Fat Milk Choice



### Maschio's Swap Outs

- Monday: Grilled Chicken Caesar Salad Wrap
- Tuesday: Beef Teriyaki Salad w/ Dinner Roll
- Wednesday: Turkey, Ham & Cheese Sandwich
- Thursday: Crispy Chicken Salad w/ Dinner Roll
- Friday: Tuna Salad Sandwich

#### Swap Outs' Available Daily

- Yogurt Bag
- Bagel Bag
- Cereal Bag

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  
(973)759-3143

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 <b>Chicken Tenders</b> Dinner Roll Honey Glazed Carrots Chilled Fruit</p>	<p>4 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Chilled Fruit</p>	<p>5 <b>New Item</b> <b>Cheese Lasagna Rollup</b> w/ Marinara Sauce Warm Bread Stick Garden Salad Chilled Fruit</p>	<p>6 <b>Pancakes w/ Syrup</b> Sausage Patties Sweet Potato Bites Chilled Fruit</p>	<p>7 <b>Pizzeria Pizza</b> Veggie Dippers Chilled Fruit</p>
<p>10 <b>Chicken Nuggets</b> Dinner Roll Potato Wedges Chilled Fruit</p>	<p>11 <b>Heart Healthy Day</b> <b>Grilled Chicken</b> Brown Rice Green Beans Chilled Fruit</p>	<p>12 <b>School Closed</b></p>	<p>13 <b>Grilled Cheese Sandwich w/ Tomato Soup</b> Veggie Dippers Chilled Fruit</p>	<p>14 <b>Pizzeria Pizza</b> Spring Mix Salad Chilled Fruit <b>Heart Cookie</b> <b>Valentine's Day</b></p>
<p>17 <b>PRESIDENTS DAY</b> <b>School Closed</b></p>	<p>18 <b>School Closed</b></p>	<p>19 <b>Breaded Chicken Sandwich</b> Roasted Sweet Potatoes Chilled Fruit</p>	<p>20 <b>Lucky Tray Day</b> <b>Teriyaki Chicken</b> Fluffy Rice Broccoli Chilled Fruit</p>	<p>21 <b>Pizzeria Pizza</b> Cucumber Coins w/ Dip Chilled Fruit</p>
<p>24 <b>Chicken Fajita Pita w/ Shredded Lettuce, Tomatoes &amp; Cucumber Sauce</b> Veggie Dippers Chilled Fruit</p>	<p>25 <b>Nacho Platter w/ Meat, Cheese, Shredded Lettuce, Diced Tomatoes &amp; Salsa</b> Rice &amp; Beans Corn Chilled Fruit <b>National Tortilla Chip Day</b></p>	<p>26 <b>Pasta w/ Meatballs</b> Green Beans Chilled Fruit</p>	<p>27 <b>French Toast Sticks w/ Syrup</b> Sausage Hash Browns Chilled Fruit</p>	<p>28 <b>Pizzeria Pizza</b> Romaine Salad Chilled Fruit</p>

MASCHIO'S MAIN EVENT

### MAC'S VEGGIE PATCH

**Carrot Sticks,**  
**Featured Salads, Bean Salad,**  
**or Veggie Dippers**

**Available Daily**

#### FRUIT OF THE MONTH:



**Bananas**

#### VEGETABLE OF THE MONTH:



**Carrots**

#### MENU SUBJECT TO CHANGE

All Meals Options Served with Choice of Flavored Fat  
Free Milk or  
Unflavored 1% Milk/  
Fat Free Milk

rBST-free



**Maschio's Food Services, Inc.**

"This institution is an equal opportunity provider"