



Wharton Borough Public 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 \$2.85
 Reduced Lunch \$0.40
 Adult Lunch \$3.70

Maschio's Swap Outs

Monday: Turkey & Cheddar Wrap

Tuesday: Grilled Chicken Caesar Salad with Dinner Roll

Wednesday: Ham & Cheese Sandwich

Thursday: Crispy Chicken Salad with or without Cheese

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Turkey Sandwich
 Yogurt Bag
 Bagel Bag
 Peanut Butter & Jelly Sandwich

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> | | | |
| 5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit | 6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit | 7 Lucky Tray Day Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit | 1 Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit | 2 Maria's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit |
| | | | 8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit | 9 Maria's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit | 13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit | 14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce | 15 Half Day Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie | 16 School Closed |
| 19 President's Day School Closed | 20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad Fresh or Chilled Fruit | 21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit | 22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit | 23 Maria's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit |
| 26 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit | 27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit | 28 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots 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: 973-361-2506 ext. 389

Lunch Tickets are available in the cafeteria:
 10 for \$28.50 / 20 for \$57.00

**Please Make Checks Payable To:
 Wharton Board of Education**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"