



NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Personal Pizza Side of Pasta Garden Greens Fresh or Chilled Fruit	3 Chili & Cheese Hot Dog Golden Corn Fresh or Chilled Fruit	4 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	5 Half Day No Lunch Served
8 Chicken Sticks French Fries Dinner Roll Fresh or Chilled Fruit	9 Breakfast For Lunch Cinnamon Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	10 Hamburger or Cheeseburger French Fries Golden Corn Fresh or Chilled Fruit	11 Chicken Parm Dinner with Pasta Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Class Lunch
15 Martin Luther King Jr. Day School Closed	16  Taco Meat, Cheddar Cheese over Rice with Lettuce, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	18 Breakfast For Lunch Sausage, Egg & Cheese on a Roll Hash Browns Fresh or Chilled Fruit	19 Class Lunch
22 Meatless Monday Macaroni & Cheese Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	23 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce & Salsa Steamed Corn Fresh or Chilled Fruit	24 Chicken Tender Basket French Fries Veggie Dippers Fresh or Chilled Fruit	25 Half Day No Lunch Served	26 Class Lunch
29 Chicken Nuggets Rice Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Tater Tots Strawberry Applesauce	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit		

Student Lunch	\$3.75
Entrée a la Carte	\$2.50
Salad Platter	\$3.50
Teacher's Lunch	\$4.25

"SIDEKICKS"

Large Cookie	\$1.00
Fresh Fruit	\$0.75
Ice Cream	\$1.00-\$1.25
Assorted Chips	\$1.00
Soup	\$1.00
Warm Pretzel	\$1.00
Churro	\$1.00

Maschio's Swap Outs Available Daily

Bagel with Yogurt Meal

PB & J Sandwich Bag

Personal Pizza

Cereal with Yogurt Meal

Crispy Chicken Caesar

Beverage Choice:

Your Meal Comes with the Choice of: Flavored/ Unflavored Low Fat Milk, 100% Fruit Juice, or Water

Lunch Tickets are available in the cafeteria:
10 for \$37.50 / 20 for \$75.00

Please Make Checks Payable To: Maschio's Food Services

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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