



Alpha 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 \$3.35

Maschio's Swap Outs

Cheeseburger on a Bun
Garden Salad with Chicken & Roll
Hot Dog on a Bun
Bagel Bag

BREAKFAST

\$1.25

\$.30

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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 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	2 Domino's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Meatless Monday Grilled Cheese Sandwich Tomato Soup Green Beans Fresh or Chilled Fruit	6  Pulled Pork on a Bun Tater Tots Cole Slaw Fresh or Chilled Fruit	7 Chicken Fries Dinner Roll Emoji Fries Fresh or Chilled Fruit	8  Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Domino'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 Lasagna Roll Ups w/ Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Domino's Pizza Fresh Garden Salad Fresh or Chilled Fruit	16 EARLY DISMISSAL BREAKFAST AVAILABLE
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Patty on a Bun 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 Cheese Steak on a Sub Roll Emoji Fries Fresh or Chilled Fruit	23 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken 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		

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Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (908)454-5000

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

Please Make Checks Payable To: Alpha Public

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"