

Knowlton Township Elementary 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	\$2.75
Reduced Lunch	\$0.40
Adult Lunch	\$3.25

Swap Outs Available
Monday, Wednesday, Friday

Popcorn Chicken with Dinner Roll

Swap Outs Available
Tuesday and Thursday

All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Bagel Bag: Bagel with Cream Cheese, and Cheese Sticks

Peanut & Jelly Jamwich Meal

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday

Tuesday

Wednesday

Thursday

Friday



Keep your heart happy by choosing healthy options!

<p>5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>6 Breakfast for Lunch Pancakes Breakfast Sausages Emoji Fries Fresh or Chilled Fruit</p>	<p>7 Chicken & Cheese Quesadilla Rice with Lettuce, Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit</p>	<p>1 Super Bowl Celebration Chicken Nuggets Soft Pretzel Tater Tots Fresh Celery Sticks with Dip Fresh or Chilled Fruit</p>	<p>2 Hope Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>12 Oven Baked Chicken Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit</p>	<p>14 Valentine's Day Lasagna Roll Ups Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce</p>	<p>8 Lucky Tray Day Hamburger on a Bun Oven Baked Fries Fresh or Chilled Fruit</p>	<p>9 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>19 President's Day School Closed</p>	<p>20 NASCAR "Race to Good Nutrition" Grilled Chicken Patty on a Bun Freshly Prepared Three Bean Salad Fresh or Chilled Fruit</p>	<p>21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>15 Chinese New Year Celebration Popcorn Chicken with Sweet & Sour Dipping Sauce Rice Steamed Broccoli Mandarin Oranges Fortune Cookie</p>	<p>16 Hope Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>27 Grilled Cheese Sandwich Peas & Carrots Fresh or Chilled Fruit</p>	<p>28 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit</p>	<p>22 Cheeseburger on a Bun Emoji Fries Fresh or Chilled Fruit</p>	<p>23 Chef's Choice Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>



MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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: 908-475-5118

Prepaid Meals are available in the cafeteria:

**Please Make Checks Payable To:
Knowlton Township Board of Education**



Knowlton Township Elementary School

February 2018
Breakfast Menu

Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Bagel Bag:
Bagel with Cream Cheese or Butter

Cereal Bag:
Cereal Bowl with Graham Crackers

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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!

Student Breakfast

\$1.50

Adult Breakfast

\$2.00

Reduced Breakfast

\$0.30

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	2 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection
5 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	6 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection	9 Bagel Bag or Cereal Bag Assorted Fruit 100% Fruit Juice Milk Selection
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Connect with us!   

Please Visit:

www.maschiofood.com

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TO CHANGE

Food Services, Inc.

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