



Churchill 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 Beverage choice of:	Student Lunch	\$4.00
	Extra Entrée	\$2.50
Water, Low Fat Milk, or 100% Juice	Adult Lunch	\$4.50

Maschio's Swap Outs

- Monday:** Chicken Nuggets
- Tuesday:** Personal Pan Pizza
- Wednesday:** Chicken Nuggets
- Thursday:** Pizza Dippers with Marinara Sauce
- Friday:** Chicken Nuggets

Maschio's Swap Outs Available Daily

- Cereal Bag
- Bagel with Yogurt Meal
- Fruit & Cheese Platter
- Yogurt Parfait

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
	Keep your heart happy by choosing healthy options!		1 Super Bowl Celebration Chicken Tender Basket Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 Puzo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Mac & Cheese Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	7 Chicken Teriyaki with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese Yellow Rice with Lettuce & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Hollywood Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Crispy Chicken Sandwich Curly Fries Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Winged Out Wednesday Buffalo, BBQ or Plain Chicken Wings Veggie Dippers Fresh or Chilled Fruit	15 Gencarelli's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	16 School Closed
19 President's Day School Closed	20 School Closed	21 All-Natural Beef Hot Dog on a Bun Crinkle Fries Fresh Veggie Dippers Fresh or Chilled Fruit	22 Breakfast for Lunch Bacon, Egg & Cheese Sandwich Hash Browns Fresh or Chilled Fruit	23 Puzo's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Mac & Cheese Monday Creamy Mac & Cheese Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	27 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit		

Questions or Concerns? Please visit www.maschiofood.com
Or Fairfield HSA at: contactus@fairfieldhsa.org

Make Payments Online at Payforit.net or

Please Make Checks Payable To:
Maschio's Food Service, Inc.

No charging allowed.

After 3 non payments no lunch will be served! Two (2) snack limit.
Snacks CANNOT be charged!

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"