



# Stevenson 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:

Water, Low Fat Milk, or 100% Juice

Student Lunch	\$4.00
Extra Entrée	\$2.50
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
	<i>Keep your heart happy by choosing healthy options!</i>		1 <b>Super Bowl Celebration Chicken Tender Basket</b> Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 <b>Puzo's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 <b>Mac &amp; Cheese Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	7 <b>Chicken Teriyaki with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	8 <b>SCOOP-A-BOWL Fajita Chicken &amp; Cheddar Cheese</b> Yellow Rice with Lettuce & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 <b>Hollywood Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 <b>Crispy Chicken Sandwich</b> Curly Fries Fresh or Chilled Fruit	13 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 <b>Grilled Cheese Sandwich</b> Tomato Soup Veggie Dippers Fresh or Chilled Fruit	15 <b>Gencarelli's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	16 <b>School Closed</b>
19 <b>President's Day School Closed</b>	20 <b>School Closed</b>	21 <b>All-Natural Beef Hot Dog on a Bun</b> Crinkle Fries Fresh Veggie Dippers Fresh or Chilled Fruit	22 <b>Breakfast for Lunch Bacon, Egg &amp; Cheese Sandwich</b> Hash Browns Fresh or Chilled Fruit	23 <b>Puzo's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 <b>Mac &amp; Cheese Monday Creamy Mac &amp; Cheese</b> Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	27 <b>Popcorn Chicken</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	28 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit		

Questions or Concerns? Please visit [www.maschiofood.com](http://www.maschiofood.com) Or Fairfield HSA at: [contactus@fairfieldhsa.org](mailto:contactus@fairfieldhsa.org)

Make Payments Online at [Payforit.net](http://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"