

# Stevenson School

## January 2018 Lunch Menu

**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!

**All meals are served with Beverage choice of:**

Student Lunch	\$4.00
Extra Entrée	\$2.50
Adult Lunch	\$4.50

**Water, Low Fat Milk, or 100% Juice**

### 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Popcorn Chicken</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	3 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Steamed Broccoli Fresh or Chilled Fruit	5 <b>Puzo's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 <b>Mac &amp; Cheese Monday</b> <b>Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	9 <b>Crispy Chicken Sandwich</b> Curly Fries Fresh or Chilled Fruit	10 <b>Breakfast For Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>All-Natural Beef Hot Dog on a Bun</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	12 <b>Hollywood Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b>  <b>Half Day</b> <b>No Lunch Served</b>	16 <b>Chicken Fries Basket</b> Soft Pretzel Stick Fresh or Chilled Fruit	17 <b>Pasta with Meatballs</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	18  <b>Taco Meat, Cheddar Cheese over Rice with Lettuce &amp; Salsa</b> <b>Tostitos SCOOPS!</b> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 <b>Gencarelli's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 <b>Mac &amp; Cheese Monday</b> <b>Macaroni &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	23 <b>Breakfast For Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	24 <b>Corn Dog Nuggets</b> Tater Tots Strawberry Applesauce Fresh or Chilled Fruit	25 <b>Cheese Lasagna Rollup</b> with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit	26 <b>Puzo's Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 <b>Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	30 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	31 <b>New Recipe! Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread 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"