



# St. John Vianney

## 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!

Student Lunch \$3.75  
 Entrée Only \$3.00  
 Adult Lunch \$4.25

SIDEKICKS	
Hot Pretzel	\$1.00
Baked Cookie	\$0.75
Fresh Fruit/Vegetable	\$0.60
Ice Cream	\$1.00
Assorted Chips	\$1.00
Churros	\$1.00
Rice Krispies Treat	\$1.00
Milk	\$0.50
Snapple—Yoo Hoo	\$1.25
Spring Water	\$0.50/\$1.00
Juice	\$0.60

**\*New For Winter!\***

**Cup of Soup  
\$1.00**

### Maschio's Swap Outs

**Monday:** Hot Dog on a Bun  
**Tuesday:** Hot Dog on a Bun  
**Wednesday:** Personal Pizza, Hot Dog on a Bun  
**Thursday:** Hot Dog on a Bun  
**Friday:** Tuna Salad Sandwich, Egg Salad Sandwich

Maschio's Swap Outs Available Daily

Bagel Meal  
 Chicken Caesar Salad  
 Grilled Cheese

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	2 <b>Half Day No Lunch Served</b>
5 Chicken Nuggets Tater Tots Fresh or Chilled Fruit	6 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce Rice Fresh or Chilled Fruit	7 <b>Breakfast for Lunch French Toast</b> Breakfast Sausages Hash Brown Fresh or Chilled Fruit	8 <b>Creamy Mac &amp; Cheese</b> Muffin Fresh or Chilled Fruit	9 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken In a Basket French Fries Fresh or Chilled Fruit	13 Taco Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce Rice Fresh or Chilled Fruit	14 <b>Valentine's Day Pasta Alfredo Or Plain Pasta</b> Dinner Roll Sautéed Broccoli Fresh or Chilled Fruit	15 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	16 <b>School Closed</b>
19 <b>President's Day School Closed</b>	20 Chicken Fries Buttered Noodles Fresh or Chilled Fruit	21 Hamburger or Cheeseburger on a Bun Curly Fries Fresh or Chilled Fruit	22 Chicken Parm Sandwich or Plain Crispy Chicken Sandwich Rice Fresh or Chilled Fruit	23 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Popcorn Chicken Mashed Potatoes Fresh or Chilled Fruit	27 French Bread Pizza Plain or with Pepperoni Side Garden Salad Fresh or Chilled Fruit	28 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit		
<p>Questions or Concerns? Please Visit <a href="http://www.MaschioFood.com">www.MaschioFood.com</a>            Or Call Maschio's Food Services at: 732-388-1662</p>				

Lunch Tickets are available in the cafeteria:  
 10 for \$37.50 / 20 for \$75.00

**Please Make Checks Payable To: Maschio's Food Services**

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MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"