



Westlake/Hillcrest North-South Lamberts Mill Academy

February 2018
Lunch Menu

The Main Event

Monday Tuesday Wednesday Thursday Friday

Student Lunch

Hillcrest North/South/Lamberts Mill	\$4.25
Westlake 9-12	\$4.00
Reduced Lunch	\$0.40
Adult Lunch	\$4.75

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

Fast & Fresh

Peanut Butter & Jelly Sandwich

MEDITERRANEAN BISTRO

Pizza of the Day
Buffalo Chicken Wrap
Tuna on a Roll

Harvest Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

 <p>Keep your heart happy by choosing healthy options!</p>		<p>1 Super Bowl Celebration Buffalo Chicken Dip with Soft Pretzel Sticks Fresh Celery Sticks with Dip Tater Tots Fresh or Chilled Fruit</p>	<p>2 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>6 Mashed Potato Bowl Mashed Potatos, Corn, Popcorn Chicken, Gravy, Shredded Cheese In A Bowl Dinner Roll</p>	<p>7 Philly Cheesesteak Hero with Peppers & Onions French Fries Fresh or Chilled Fruit</p>	<p>8 New Item! Turkey Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>12 Chicken Tender Basket with Tater Tots & Warm Breadstick 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 Baked Ziti Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce Fresh or Chilled Fruit</p>	<p>15 Chinese New Year Celebration General Tso's Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie</p>
<p>19 President's Day School Closed</p>	<p>20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>21 BBQ Grilled Chicken Sandwich Warm Biscuit Baked Beans Country Slaw Fresh or Chilled Fruit</p>	<p>22 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken BLT on a Croissant French Fries Fresh or Chilled Fruit</p>	<p>27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch Sausage Egg & Cheese on a Croissant Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	

Connect with us!



Questions or Concerns?
Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 908-232-4181



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