



Crossroads/West Lake K-8 Schools

February 2018

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 the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch	
Crossroads	\$3.75
Westlake	\$4.00
Reduced Lunch	\$0.40
Adult Lunch	\$4.75

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich

Pizza of the Day

Tuna on a Roll

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Keep your heart happy by choosing healthy options!</i></p>		<p>1 Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket (Nuggets) with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks 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 Potatoes, Corn, Popcorn Chicken, Gravy, Shredded Cheese In A Bowl Dinner Roll Fresh or Chilled Fruit</p>	<p>7 Lucky Tray Day  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>9 School Closed</p>
<p>12 Chicken Tender Basket Tater Tots Warm Breakfast 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</p>	<p>15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie</p>	<p>16 School Closed</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 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>23 New Item! Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>26 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers 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>	 <p>MENU SUBJECT TO CHANGE</p>	

Our well

-balanced lunches available for the week, average be-

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



"This institution is an equal opportunity provider"