



# Englewood on the Palisades

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 \$3.00  
 Reduced Lunch \$0.40  
 Adult Lunch \$3.50

## Maschio's Swap Outs

**Monday:** Turkey Ranchero Wrap

**Tuesday:** Salami & Cheese Sandwich

**Wednesday:** Chef Salad with a Dinner Roll

**Thursday:** Italian Sub

**Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Vegetarian Burger on a Bun

Fruit & Cheese Platter.



Bagel Bag Meal.

Muffin Bag Meal.

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 New Recipe! Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 <b>Bella's Pizza New York Style</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 <b>Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce</b> Sweet Potato Tots Fresh or Chilled Fruit	7 <b>Lucky Tray Day!</b>  <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	8 <b>SCOOP-A-BOWL</b>  <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> Tostitos SCOOPS® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 <b>New Item! Pepperoni Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 <b>Chicken Nuggets</b> Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 <b>Chicken &amp; Cheese Quesadilla</b> with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	14 <b>Valentine's Day Pasta with Meat Sauce</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 <b>Grilled Ham and Cheese Sandwich</b> Oven Baked Fries Fresh or Chilled Fruit	16 <b>Half Day</b>  <b>No Lunch Served</b>
19 <b>President's Day</b> School Closed	20 <b>School Closed</b>	21 <b>School Closed</b>	22 <b>School Closed</b>	23 <b>School Closed</b>
26 <b>California Burger on a Bun</b> Vegetable Medley Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day New Recipe!</b> <b>Nacho Platter</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw Fresh or Chilled Fruit	28 <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> Oven Baked Fries Fresh or Chilled Fruit		
<b>Breakfast Offered Daily</b> Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!				

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at: 201-569-9765

Prepaid meals are available by setting up an account for your child at [www.mealtime.com](http://www.mealtime.com)  
**Please Make Checks Payable To:** Englewood Charter School



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE