



Bergen Center

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!

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	\$2.00
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

Maschio's Swap Outs

Monday: Vegetarian Nuggets with Dinner Roll
Tuesday: Grilled Cheese Sandwich
Wednesday: Tuna Sandwich on Kaiser Roll
Thursday: Vegetarian Nugget Wrap with Lettuce & Tomatoes
Friday: Tuna Salad Wrap

Maschio's Swap Outs Available Daily

Bagel Bag with Yogurt and Mozzarella Cheese Stick
Grilled Chicken Caesar Salad with Roll

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 Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Meatless Monday Creamy Mac & Cheese Dinner Roll Sweet Peas Fresh or Chilled Fruit	6 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	7 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	9 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Grilled Cheese Sandwich Freshly Prepared Garden Salad Fresh or Chilled Fruit	13 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Baked Ziti Warm Garlic Bread Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 School Closed
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Sandwich on a Bun Freshly Prepared Caesar Salad Fresh or Chilled Fruit	21 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	22 Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	23 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Popcorn Chicken Soft Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	27 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit		

Our well-balanced lunches available for the week, average between 600-850 calories.

Questions or Concerns? Please Visit www.MaschioFood.com
 Or Call Delmy at Maschio's Food Services at: (201) 385-4857

Lunch Tickets are available in the cafeteria:
 18 days @ \$2.00= \$36.00 and @ \$0.40= \$7.20

Please Make Checks Payable To:
Bergen Center Lunch Fund

MENU SUBJECT TO CHANGE

