

Hope Township Elementary School

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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 Available Daily

Bagel Meal

PB & J Jamwich Meal

Chicken Nuggets with a Roll

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 Corn Dog Nuggets Baked Beans Fresh or Chilled Fruit	5 Hope Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Green Beans Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, & Salsa Corn Fresh or Chilled Fruit	10 Breakfast Bonanza Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Carrots Fresh or Chilled Fruit	12 Hope Pizza Freshly Prepared House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Lucky Tray Day Sausage & Cheese on a Bun Emoji Fries Fresh or Chilled Fruit	17 Popcorn Chicken Dinner Roll Baked Fries Fresh or Chilled Fruit	18 Pretzel Dog Baked Beans Fresh or Chilled Fruit	19 Hope Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 French Toast Sticks Breakfast Sausage Emoji Fries Fresh or Chilled Fruit	24 Winter Picnic Hamburger on a Bun Baked Fries Fresh or Chilled Fruit	25 Chicken Fries Dinner Roll Carrots Fresh or Chilled Fruit	26 Hope Pizza Freshly Prepared Fresh Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Breakfast Bonanza Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	31 Hot Dog on a Bun Emoji Fries Fresh or Chilled Fruit		

Our well-balanced lunches available for the week, average between **600-650 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
Or Call Maschio's Food Services at: 908-453-4242

MENU SUBJECT TO CHANGE

Maschio's
Food Services, Inc.
"This institution is an equal opportunity provider"