



Conley 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 Student Lunch \$2.90
of the Day and/or a selection from Reduced Lunch \$0.40
Mac's Veggie Patch, Fruit of the Day
and Low Fat Milk Choice Adult Lunch \$3.75

Maschio's Swap Outs Available Daily

- Muffin Bag Meal
- Cereal Bag Meal
- Cheeseburger on a Bun
- Assorted Pizza

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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 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Orange Juice Sorbet	5 Rosata's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Chicken Fries Mashed Potato Green Beans Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Rosata's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Popcorn Chicken Buttermilk Biscuit Vegetable Medley Fresh or Chilled Fruit	18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 Rosata's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese & Bacon Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic Crispy Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Warm Ham & Cheese on a Pretzel Bun Baked Fries Fresh or Chilled Fruit	26 Rosata's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Chicken Nuggets Bread Stick Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Ham Maple Cinnamon Sweet Potato Tots Chilled or Frsh Fruit	31 New Recipe! Buffalo Chicken Dip Tortilla Scoops Celery Dippers Fresh or Chilled Fruit		

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!

Payments to Students accounts may be made by sending a check payable to Bethlehem Twp BOE to the cafeteria or online at PAYFORIT.NET

Questions or Concerns? Please visit www.MaschioFood.com
Or Call Maschio's Food Services at: (908)537-4044

Please note: not all foods offered are allergen free. Please contact Maschio's Dietitians at 973-598-0005 for any allergy concerns.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"