

# WARREN COUNTY TECHNICAL HIGH SCHOOL

Maschio's Food Services, Inc.

Proudly Serving Warren County Tech School

**FEBRUARY  
2012**

Mac Maschio says... Healthy Meals Grow Healthy Kids



## Nutrition News

### Heart Healthy Month!



### FEATURED FRUIT & VEGETABLE



**BEST BUY!**

Student Lunch \$3.00 Reduced \$4.00  
 "Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs."



## Available Daily

### Sandwich Stackers

Assorted high quality deli meats and cheeses on assorted fresh rolls, breads and wraps with choice of toppings. Includes Fruit, Milk



Grilled Hamburgers  
 Cheeseburgers,  
 Chicken Breast,  
 and Pizza!

### Complete Meal Includes

Protein, Bread, Vegetable  
 Fruit or 100% Juice & Low-Fat Milk  
 Choice

FRESH FROM  
 the GARDEN

Salad Meal with fresh salad, vegetables, proteins, toppings and breads. Fruit and Milk included. \$3.00/\$4.00



Every Meal Includes: Fruit Selection, Bread Basket, Vegetable & Low-Fat or Skim Milk Choices

- 1 Swedish Meatballs w/Egg Noodles Veggie
- 2 Oven Roasted Chicken, Roll Mashed Potatoes, Carrots
- 3 Big Daddy's Pizza Garden Salad
- Super Bowl Monday!
- 6 Foot Long Hotdogs w/ Chili, Cheese, Onion Rings
- 7 Chicken Stir Fry, Roll Rice, Vegetable
- 8 Pasta w/Meat Sauce Garlic Bread Garden Salad
- 9 Roast Turkey and Stuffing Sweet Peas
- 10 French Bread Pizza Veggie Pasta Salad
- 13 Baked Ziti Garlic Bread, Buttered Green Beans
- 14 **Heart Healthy** Grilled Chicken on Wheat Bun



- 15 Meatball Sub, Potato Salad Veggies
- 16 **Beef Nachos w/Cheese** Rice, Lettuce, Tomato
- 17 School Closed
- 20 **President's Day**
- 21 Blueberry or Plain Pancakes Turkey Sausage
- 22 Baked Macaroni & Cheese Dinner Roll, Stewed Tomatoes
- 23 Chili Over Rice, Corn Muffin Fruit
- 24 Leo's Pizza Caesar Salad, Fruit
- 27 Grilled Cheese Sand. Tomato Soup
- 28 Chicken Nuggets, Roll Whipped Potatoes, Corn
- 29 Cheese Steak Hoagie Peppers & Onions, Tator Tots



Students \$3.00 Reduced \$4.00  
 Adult \$4.00  
 Extra Entrée \$2.00 Entree \$3.00



Low-Fat or Skim Milk	\$0.50
Adult Milk	\$0.55
Yogurt	\$1.00
Savory Soup & Crackers	\$1.25
Baked Chips	\$0.65
J&J Hot Pretzel	\$1.00
Ice Cream	\$0.90
Fresh Fruit	\$0.75
Fresh Baked Cookie	\$0.30
Spring Water	\$1.00
Snapple Tea	\$1.25
Snapple 100% Juice	\$1.25



Fresh Fruit & Extra Bread  
 Fresh Salad Bar!

Questions? Comments?  
 Please Call  
 Maschio's Food Services  
 at the High School Kitchen

[www.maschiofood.com](http://www.maschiofood.com)

"You Must Take Three To Be A Lunch!"

MENU SUBJECT TO CHANGE

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