



## February 2024

Lowell Elementary

Lunch

**MONDAY**





**TUESDAY**




**WEDNESDAY**

**THURSDAY**

**FRIDAY**

			<b>1</b>	<b>2</b>
			<p><b>Main Meal</b></p> <ul style="list-style-type: none"> <li>• Beef Nacho Platter or Black Bean &amp; Cheese Empanada</li> <li>• Black Beans</li> <li>• Sweet Plantains</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Turkey Ham &amp; Cheese Sandwich</li> </ul>	<p><b>Main Meal</b></p> <p> <b>Pizza Day</b></p> <ul style="list-style-type: none"> <li>• NY Style Pizza</li> <li>• Fresh Veggie Dippers</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Crispy Chicken Salad</li> </ul>

<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>Main Meal</b></p> <p> <b>CHICKEN TENDER BASKET</b></p> <ul style="list-style-type: none"> <li>• Chicken Tenders or Breaded Mini Cheese Ravioli</li> <li>• Soft Pretzel Stick</li> <li>• Sweet Potato Fries</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Bagel Bag with Yogurt and Cheese</li> </ul>	<p><b>Main Meal</b></p> <ul style="list-style-type: none"> <li>• Hamburger on a Bun or Cheeseburger on Bun or All Natural Beef Hot Dog on a Bun</li> <li>• Mini Potato Mashers</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Yogurt and Fruit Bento Box</li> </ul>	<p><b>Main Meal</b></p> <p> <b>Lunar New Year</b></p> <ul style="list-style-type: none"> <li>• Sweet and Sour Popcorn Chicken or Popcorn Chicken</li> <li>• Vegetable Fried Rice</li> <li>• Sautéed Broccoli</li> <li>• Vegetable Egg Roll</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Jelly Sandwich</li> </ul>	<p><b>Main Meal</b></p> <p> <b>Breakfast for Lunch</b></p> <ul style="list-style-type: none"> <li>• Emoji Waffles or Confetti Pancakes</li> <li>• Breakfast Sausages</li> <li>• Hash Brown Ovals</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Muffin &amp; Yogurt Meal</li> </ul>	<p><b>Main Meal</b></p> <p> <b>National Pizza Day</b></p> <ul style="list-style-type: none"> <li>• NY Style Pizza</li> <li>• Freshly Prepared Cucumber and Tomato Salad</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Chicken Caesar Salad</li> </ul>

<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>Main Meal</b></p> <ul style="list-style-type: none"> <li>• Popcorn Chicken or Mozzarella Sticks</li> <li>• Soft Pretzel Stick</li> <li>• Sautéed Green Beans</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Bagel Bag with Yogurt and Cheese</li> </ul>	<p><b>Main Meal</b></p> <ul style="list-style-type: none"> <li>• Creamy Mac and Cheese or Grilled Cheese Sandwich</li> <li>• Herb Breadstick</li> <li>• Sautéed Carrots</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Cereal Bag</li> </ul>	<p><b>Main Meal</b></p> <p> <b>Valentine's Day</b></p> <ul style="list-style-type: none"> <li>• Meatball Parm Sub or Chicken Parm Hero</li> <li>• Sautéed Spinach</li> <li>• Strawberry and Cream Sorbet</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Jelly Sandwich</li> </ul>	<p> <b>Half Day of School</b></p> <p>Parent Teacher Conference</p>	<p><b>Main Meal</b></p> <p> <b>Pizza Day</b></p> <ul style="list-style-type: none"> <li>• NY Style Pizza</li> <li>• Freshly Prepared Caesar Salad</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Crispy Chicken Salad</li> </ul>

<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p> <b>Presidents Day</b></p>	<p><b>Main Meal</b></p> <ul style="list-style-type: none"> <li>• Chicken Fajitas on a Tortilla or Black Bean &amp; Cheese Empanada</li> <li>• Stir-Fry Vegetables</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Yogurt and Fruit Bento Box</li> </ul>	<p><b>Main Meal</b></p> <p> <b>New Recipe</b></p> <ul style="list-style-type: none"> <li>• Cheeseburger Tot-Chos with Pretzel Bites or</li> <li>• Hamburger on a Bun or Cheeseburger on Bun with Tater Tots</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Sunbutter &amp; Jelly Sandwich</li> </ul>	<p><b>Main Meal</b></p> <ul style="list-style-type: none"> <li>• Chicken Nuggets or Breaded Mini Cheese Ravioli</li> <li>• Soft Pretzel Stick</li> <li>• Sweet Potato Fries</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Muffin &amp; Yogurt Meal</li> </ul>	<p><b>Main Meal</b></p> <p> <b>Pizza Day</b></p> <ul style="list-style-type: none"> <li>• NY Style Pizza</li> <li>• Maschio's House Salad</li> </ul> <p><b>Swap Out</b></p> <ul style="list-style-type: none"> <li>• Chicken Caesar Salad</li> </ul>

**26**

**Main Meal**

- Hamburger on a Bun or Cheeseburger on Bun or All Natural Beef Hot Dog on a Bun
  - Ranch Fries
- Swap Out**
- Bagel Bag with Yogurt and Cheese

**27**

**Main Meal**

- Grilled Cheese Sandwich with Tomato Soup or Creamy Mac and Cheese
  - Steamed Broccoli
- Swap Out**
- Cereal Bag

**28**

**Main Meal**

- Beef Tacos or Jamaican Beef Patty
  - Brown Rice
  - Black Bean and Corn Salad
- Swap Out**
- Sunbutter & Jelly Sandwich

**29**

**Main Meal**



- Sausage, Egg & Cheese on a Croissant or
  - Emoji Waffles
  - Breakfast Sausage
  - Hash Brown Ovals
- Swap Out**
- Turkey Ham & Cheese Sandwich

\*Menu is Subject to Change

**QUESTIONS OR COMMENTS?**  
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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*healthy kids!*

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