

# Golden Door Charter School

## 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 \$2.85  
 Reduced Lunch \$0.40  
 Adult Lunch \$4.00

### Maschio's Swap Outs

**Monday:** Grilled Cheese or Tuna Sandwich

**Tuesday:** Hummus Platter

**Wednesday:** Tuna Sandwich

**Thursday:** Vegetarian Garden Burger on a Bun

**Friday:** Turkey & Cheese Sandwich

### Maschio's Swap Outs Available Daily

Bagel & Yogurt Bag Meal  
 Grilled Chicken Caesar Salad with Roll

Fruit & Cheese Platter- Mon. & Fri..

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Keep your heart happy by choosing healthy options!</b>			
<b>5 Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	<b>6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce</b> Sweet Potato Tots Fresh or Chilled Fruit	<b>7 Half Day Assorted Sandwiches</b> Fresh or Chilled Fruit	<b>1 Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	<b>2 Bella's Pizza New York Style</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>12 Chicken Nuggets</b> Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	<b>13 Breakfast for Lunch Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	<b>14 Valentine's Day Spaghetti with Meat Sauce</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	<b>8 Half Day Assorted Sandwiches</b> Fresh or Chilled Fruit	<b>9 New Item! Pepperoni Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>19 President's Day School Closed</b>	<b>20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	<b>21 Lucky Tray Day All-Natural Turkey Hot Dog on a Bun</b> Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	<b>15 Chinese New Year Celebration Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	<b>16 School Closed</b>
<b>26 Crispy Chicken BLT on a Croissant</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>27 Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>28 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Southwestern Slaw Fresh or Chilled Fruit	<b>22 Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	<b>23 New Item! Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
				

Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10%

Questions or Concerns?  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)

MENU SUBJECT TO CHANGE  
  
 "This institution is an equal opportunity provider"