

Holy Guardian Angel Regional School

January 2019 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!

- Student Lunch \$3.25
- Entrée \$2.50
- Milk \$0.50
- Iced Tea \$0.50
- Fresh Fruit \$0.50
- Baked Chips \$0.75
- Ice Cream \$0.75/\$1.25
- Hot Pretzel \$0.75
- Baked Cookie \$0.50
- Spring Water \$0.50/\$1.00
- Juice Pack 100% \$0.75
- Flavored Water \$1.00

Beverage Choice:

Your Meal Comes with
the Choice of:
Flavored/Unflavored
Low Fat Milk,
Iced Tea, or Water

Maschio's Swap Outs

- Monday:** Grilled Chicken Caesar Wrap
- Tuesday:** Egg Salad Sandwich
- Wednesday:** Bagel Bag
- Thursday:** Italian Sub
- Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

- Peanut Butter & Jelly Sandwich
- Hot Dog on a Bun
- Garden Salad w/ Cheese & Dinner Roll

Monday	Tuesday	Wednesday	Thursday	Friday
	3 NO SCHOOL	3 NO SCHOOL	3 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	4 Domino's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit
7 Hot Dog on a Bun French Fries Applesauce Fresh or Chilled Fruit	8 Breakfast for Lunch Pancakes Breakfast Sausages Hash Brown Fresh or Chilled Fruit	9 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	10 Spaghetti with Meat Sauce Warm Garlic Breadstick Freshly Prepared Tossed Salad Strawberry Applesauce	11 Nacho Platter with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit
14 Chicken Parm Buttered Noodles Green Beans Fresh or Chilled Fruit	15 Cheeseburger On a Bun Onion Rings Fresh or Chilled Fruit	16 Baked Ziti Warm Garlic Bread Freshly Prepared Salad Strawberry Applesauce	17  with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	18 Domino's Pizza Fresh Prepared Garden Salad Fresh or Chilled Fruit
21 Martin Luther King Day School Closed	22 Baked Pierogis Dinner Roll Broccoli Fresh or Chilled Fruit	23 Sausage, Egg, and Cheese Croissant Hash Brown Fresh or Chilled Fruit	24 Homemade Macaroni and Cheese Dinner Roll Fresh or Chilled Fruit	25 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit
28 Popcorn Chicken Mashed Potatoes Vegetable of the Day Fresh or Chilled Fruit	29 Meaty Chili Rice Corn Muffin Fresh or Chilled Fruit	30 Bagel Bag Or PBJ NO SWAP OUTS	31 Domino's Pizza Fresh Prepared Tossed Salad Fresh or Chilled Fruit	

Questions or Concerns? Please Visit
www.MaschioFood.com
Or Call Maschio's Food Services at: 610-929-4124

Lunch Tickets are available in the cafeteria:
20 meals: \$65.00

Connect with us!   

MENU SUBJECT TO CHANGE



Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"