

Holy Guardian Angel Regional School

December 2018 Lunch Menu

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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
 <h1>HAPPY HOLIDAYS</h1>				
3 Popcorn Chicken Mashed Potatoes Veggie of the Day Fresh or Chilled Fruit	4 Philadelphia Cheesesteak Bagged Snack Fresh or Chilled Fruit	5 Breakfast For Lunch Pancakes Hash Brown Sausage Orange Juice Fresh or Chilled Fruit	6 Scoop a Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Fresh or Chilled Fruit	7 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
10 Spaghetti and Meatsauce Garlic Bread Fresh or Chilled Fruit	11 Hamburger on a Bun French Fries Fresh or Chilled Fruit	12 Grilled Cheese Sandwich Soup of the Day Fresh or Chilled Fruit	13 Bagel Bag Meal or Peanut Butter and Jelly Meal No Swap outs	14 Cheese Quesadilla Lettuce, Tomato Rice Salsa Fresh or Chilled Fruit
17 Popcorn Chicken Bowtie Buttered Noodles Vegetable of the Day Fresh or Chilled Fruit	18 Holiday Meal Baked Ham Mashed Potatoes Golden Corn Fresh or Chilled Fruit Holiday Pretzel	19 Hot Dog on a Bun Oven Baked French Fries Fresh or Chilled Fruit	20 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	21 Early Dismissal No Lunch
Enjoy your Winter Break & Have a Happy New Year!				

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


"This institution is an equal opportunity provider"