



# Holy Guardian Angel Regional School

## November 2019 Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

- 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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>French Toast Sticks</b> Sausage Tater Tots Fresh or Chilled Fruit
4 <b>Popcorn Chicken</b> Mashed Potatoes Corn Fresh or Chilled Fruit	5 <b>Pasta &amp; Meatballs</b> Garlic Bread Tossed Salad Fresh or Chilled Fruit	6 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh or Chilled Fruit	7 <b>Nacho Platter</b> Salsa Rice Fresh or Chilled Fruit	8 <b>Margherita's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit
11 <b>Pancakes</b> Breakfast Sausage Fresh or Chilled Fruit	12 <b>Chicken Fries</b> Bow Tie Pasta Veggie of the Day Fresh or Chilled Fruit	13 <b>Cheesesteak</b> Red Potato Salad Onion Rings	14 <b>Baked Mac &amp; Cheese</b> Green Beans Muffin Fresh or Chilled Fruit	15 <b>Margherita's Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit
18 <b>Hot Dog on a Bun</b> Tater Tots Baked Beans Fresh or Chilled Fruit	19 <b>Cheeseburger on a Bun</b> French fries Fresh or Chilled Fruit	20 <b>Grilled Cheese Sandwich</b> Tomato Soup Goldfish Fresh or Chilled Fruit	21 <b>Walking Taco</b> Beef, Rice, Corn & Salsa Fresh or Chilled Fruit	22 <b>Baked Pierogies</b> Steamed Broccoli Dinner Roll Fresh or Chilled Fruit
25 <b>3rd &amp; 4th Grade Thanksgiving Feast</b> <b>Margherita's Pizza</b> Fresh or Chilled Fruit NO SWAP OUTS	26 <b>Popcorn Chicken</b> Mashed Potatoes Pumpkin Pie Fresh or Chilled Fruit	27 <b>School Closed</b>	28 HAPPY THANKSGIVING	29 <b>School Closed</b>

### Maschio's Swap Outs

- Monday:** Turkey, Bacon, Cheese on Club Roll
- 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

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

