



October 2021

Holy Guardian Angels Regional School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
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| | | | | 1 Cheese Pizza Tossed Garden Salad Fresh or Chilled Fruit |
| 4 Popcorn Chicken Buttered Noodles Golden Corn Fresh or Chilled Fruit | 5 Pancakes w/Syrup Sausage Patties Hash Brown Potatoes Fresh or Chilled Fruit | 6 Pasta w/ Meat Sauce Tossed Salad Garlic Bread Fresh or Chilled Fruit | 7 Hamburger on a Bun French Fries Cinnamon Applesauce | 8 Cheese Pizza Bagged Snack Choice Tossed Garden Salad Fresh or Chilled Fruit |
| 11 Columbus Day No School | 12 Nacho Platter w/ Beef, Rice, Cheese and Salsa Lettuce and Tomato Fresh or Chilled Fruit | 13 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Fresh or Chilled Fruit | 14 Sausage, Egg and Cheese on a Muffin Hash Brown Potatoes Yogurt Cup | 15 Cheese Pizza Tossed Garden Salad Fresh or Chilled Fruit |
| 18 Chicken Parmesean Bow Tie Noodles Green Beans Fresh or Chilled Fruit | 19 Hot Dog on a Bun Potato and Cheese Pierogies Veggie of the Day | 20 Pasta w/Meatballs Garlic Bread Tossed Garden Salad Fresh or Chilled Fruit | 21 French Toast Sausage Patties Hash Brown Potatoes Fresh or Chilled Fruit | 22 Cheese Pizza Bagged Snack Choice Tossed Garden Salad Fresh or Chilled Fruit |
| 25 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit | 26 Homemade Macaroni and Cheese Green Beans Muffin or Roll Fresh or Chilled Fruit | 27 "Walking Taco" w/ Beef, Rice, Cheese and Salsa Lettuce and Tomato Fresh or Chilled Fruit | 28 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Fresh or Chilled Fruit | 29 Cheese Pizza Tossed Garden Salad Fresh or Chilled Fruit |

Student Lunch \$4.00

"Smart Snacks Available Daily"

All meals are served with the
Vegetable of the Day and/or a selection
from Harvest Market, Fruit of the Day,
Variety of Milk or Water



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

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich

Hot Dog on a Bun

Italian Hoagie

Garden Salad w/Cheese and a Roll

Pre- Payment Accounts can now be set
up online at:

PaySchoolsCentral.com
School Look-up is "Berks Catholic"

Payments are also accepted in school.
Checks are Preferred - Payable to:
Maschio's Food Services, Inc.

Maschio's Area Supervisor
Briana Morro
bmorro@maschiofood.com
(862) 266 - 8463



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QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak
to one of Maschios' registered dietitians.

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healthy kids!