

Holy Guardian Angel Regional School

**March 2018
Lunch Menu**

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!

- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!

- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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



**5 Nacho Platter with
Taco Meat, Shredded
Cheddar Cheese,
Lettuce, Tomato &
Salsa
Rice
Fresh or Chilled Fruit**

**12 Popcorn Chicken
Mashed Potatoes
Vegetable of the Day
Fresh or Chilled Fruit**

**19 Lasagna Rollup
Garlic Bread
Tossed Salad
Fresh or Chilled Fruit**

**26 Pasta with Meat
Sauce
Garlic Bread
Fresh or Chilled Fruit**

Tuesday

Happy Spring!



**6 Mini Ravioli
Marinara Sauce
Dinner Roll
House Salad
Fresh or Chilled Fruit**

**Cheeseburger on a
Bun
French Fries
Pickle
Fresh or Chilled Fruit**

**20 Breakfast
Croissant
Sandwich
Sausage, Egg,
Cheese
Hash Brown
Fresh or Chilled Fruit**

1st Day of Spring

**27 Baked Ham Dinner
Mashed Potatoes
Vegetable of the Day
Fresh or Chilled Fruit**

Wednesday

**7 BBQ Rib Sandwich
on a Bun
Sweet Potato Fries
Fresh or Chilled Fruit**

**14 Waffle Sticks
Sausage
Hash Brown
Fresh or Chilled Fruit**

**21 Meatball Parm
Hero
Battered French Fries
Fresh or Chilled Fruit**

**28 Domino's Pizzza
Bagged Snack
Fresh or Chilled Fruit**

Thursday

**1 Popcorn
Chicken
Mashed Potatoes
Golden Corn
Fresh or Chilled Fruit**

**8 Boneless
Breaded
Chicken Wings
Battered French Fries
Fresh or Chilled Fruit**

**15 Macaroni and
Cheese
Dinner roll
Steamed Broccoli
Fresh or Chilled Fruit**

**22 Chicken Tenders
Buttered Noodles
Peas and Carrots
Fresh or Chilled Fruit**

**School
Closed**

Friday

**2 Toasted Cheese
Sandwich
Tomato Soup
Fresh or Chilled Fruit**

**9 Domino's
Pizza
Bagged Snack**

**NO SWAP OUTS
AVAILABLE**

**16 Domino's Pizza
Garden Salad
Jello
Fresh or Chilled Fruit**

**23 Domino's Pizza
Freshly Prepared
Caesar Salad
Fresh or Chilled Fruit**

**School
Closed**

**MENU SUBJECT
TO CHANGE**

Questions or Concerns? Please Visit

www.MaschioFood.com

Lunch Tickets are available in the cafeteria:

20 meals: \$65.00

Connect with us!



Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"