



# Holy Guardian Angel Regional School

## February 2018 Lunch Menu

**NUTRITION NEWS:** February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per 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



## Tuesday

*Keep your heart happy by  
choosing healthy options!*

## Wednesday

## Thursday

## Friday

**1 Super Bowl Celebration**  
**Popcorn Chicken**  
Mashed Potatoes  
Vegetable of the Day  
Fresh or Chilled Fruit

**2 Hamburger on a Bun**  
Smile Fries  
Fresh or Chilled Fruit

**5 Breakfast for Lunch**  
**French Toast**  
Breakfast Sausages  
Hash Brown  
Fresh or Chilled Fruit

**6 Spaghetti with Meaty**  
**Marinara Sauce**  
Warm Garlic Breadstick  
Freshly Prepared Spring Mix Salad  
Fresh or Chilled Fruit

**7 Lucky Tray Day**  
**Cheesesteak Sandwich**  
Oven Baked Fries  
Fresh or Chilled Fruit

**8 Baked Pierogies**  
Steamed Broccoli  
Dinner Roll  
Fresh or Chilled Fruit

**9 Domino's Pizza**  
Freshly Prepared Tossed  
Fresh or Chilled Fruit

**12 Hot Ham and Cheese on a Bun**  
Soup of the Day  
Fresh or Chilled Fruit

**13 Domino's Pizza**  
Bagged Snack  
Fresh or Chilled Fruit

NO SWAP OUTS  
AVAILABLE

**14 Valentine's Day**  
**Grilled Cheese Sandwich**  
Tomato Soup  
Fresh or Chilled Fruit

**15 Meatloaf**  
Mashed Potatoes  
Peas and Carrots  
Fresh or Chilled Fruit

**16 Breaded Mozzarella Sticks**  
Broccoli and Cauliflower  
Fresh or Chilled Fruit

**19 President's Day**  
**School Closed**

**20 Popcorn Chicken**  
Buttered Noodles  
Golden Corn  
Fresh or Chilled Fruit

**21 Breakfast Croissant Sandwich**  
Hash Browns  
Fresh or Chilled Fruit

**22 Baked Ziti**  
Garlic Bread  
Tossed Salad  
Fresh or Chilled Fruit

**23 Fish Sticks**  
Mashed Potatoes  
Fresh or Chilled Fruit

**26 Hot Dog on a Bun**  
French Fries  
Fresh or Chilled Fruit

**27 National Tortilla Chip Day**  
**Walking taco with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa**  
Rice  
Fresh or Chilled Fruit

**28 Domino's Pizza**  
Freshly Prepared Garden Salad  
Fresh or Chilled Fruit



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

**Maschio's**  
Food Services, Inc.

"This institution is an equal opportunity provider"