



# Holy Guardian Angel Regional School

## January 2020 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
6 <b>Popcorn Chicken</b> Mashed Potatoes Corn Fresh or Chilled Fruit	7 <b>No Lunch Served</b>	8 <b>Grilled Cheese Sandwich</b> Soup of the Day Fresh or Chilled Fruit	9 <b>Walking Taco</b> Beef, Lettuce, Cheese, Salsa Rice Fresh or Chilled Fruit	10 <b>Margherita's Pizza</b> Bagged Snack Fresh or Chilled Fruit
13 <b>Baked Pierogies</b> Steamed Broccoli Dinner Roll Fresh or Chilled Fruit	14 <b>Cheeseburger on a Bun</b> Smiley Fries Fresh or Chilled Fruit	15 <b>Pancakes</b> Sausage Juice Fresh or Chilled Fruit	16 <b>Chicken Fries</b> Buttered Noodles Green Beans Fresh or Chilled Fruit	17 <b>Margherita's Pizza</b> Tossed Salad Fresh or Chilled Fruit
20 <b>MLK Day</b>  <b>School Closed</b>	21 <b>Popcorn Chicken</b> Mashed Potatoes Corn Fresh or Chilled Fruit	22 <b>Pasta with Meat Sauce</b> Garlic Bread Tossed Salad Fresh or Chilled Fruit	23 <b>Grilled Cheese Sandwich</b> Soup of the Day Fresh or Chilled Fruit	24 <b>Personal Pan Pizza</b> Garden Salad Baked Cookie Fresh or Chilled Fruit
27 <b>Pancakes</b> Sausage Tater Tots Fresh Or Chilled Fruit	28 <b>Bagel Bag or Peanut Butter &amp; Jelly Only</b> No Swap Outs	29 <b>Homemade Mac &amp; Cheese</b> Green Beans Dinner roll Fresh or Chilled Fruit	30 <b>Nacho Platter</b> Rice Salsa Fresh or Chilled Fruit	31 <b>Margherita's Pizza</b> Bagged Snack Tossed Salad

### 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

