

# Holy Guardian Angel Regional School

## December 2017 Lunch Menu

### NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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	Wednesday	Thursday	Friday
	<b>HAPPY HOLIDAYS</b>			<b>1</b> Bacon Cheesburger French Fries Fresh or Chilled Fruit
<b>4</b> Homemade Mac and Cheese Broccoli Dinner Roll Fresh or Chilled Fruit	<b>5</b> Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	<b>6</b> Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	<b>7</b> Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Fresh or Chilled Fruit	<b>8</b> Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
<b>11</b> Sweet and Sour Chicken Steamed Rice Fortune Cookie Fresh or Chilled Fruit	<b>12</b> Baked Pierogies Fresh Broccoli Dinner Roll Fresh or Chilled Fruit	<b>13</b> Breakfast For Lunch Sausage, Egg, and Cheese Croissant Hash Brown Fresh or Chilled Fruit	<b>14</b> Bagel Bag Meal or Peanut Butter and Jelly Meal  No Swap outs	<b>15</b> Personal Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit
<b>18</b> Spaghetti and Meatsauce Garlic Bread Fresh or Chilled Fruit	<b>19</b> Grilled Cheese Sandwich Soup of the Day Fresh or Chilled Fruit	<b>20</b> Holiday Meal Baked Ham Mashed Potatoes Golden Corn Fresh or Chilled Fruit Holiday Pretzel	<b>21</b> First Day of Winter Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>22</b> School Closed
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Enjoy your Winter Break &amp; Have a Happy New Year!</b>				

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

"This institution is an equal opportunity provider"