



Holy Guardian Angel Regional School

May / June 2019

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

Maschio's Swap Outs

- Monday:** Turkey, Bacon, Cheese Club
- 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
		1 Pancakes Breakfast Sausage Hash Brown Patty Fresh or Chilled Fruit	2 Nacho Platter Beef, Lettuce, Cheese, Salsa Rice Fresh or Chilled Fruit	3 Hamburger on a Bun Waffle Fries Fresh or Chilled Fruit
6 Popcorn Chicken Buttered Bowtie Noodles Golden Corn Fresh or Chilled Fruit	7 NOON DISMISSAL	8 Pasta with Meatballs Italian Bread Broccoli Fresh or Chilled Fruit	9 Cheese Quesadilla Lettuce, Salsa Rice Fresh or Chilled Fruit	10 Margherita's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
13 Chicken Fries Mashed Potatoes Golden Corn Fresh or Chilled Fruit	14 Grilled Cheese Sandwich Soup of the Day Fresh or Chilled Fruit	15 Ham and Cheese Sandwich on a Bun Bagged Snack Potato Salad Fresh or Chilled Fruit	16 Hot Dog on a Bun French Fries Coleslaw Fresh or Chilled Fruit	17 Margherita's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit
20 Baked Pierogies Fresh Broccoli Fresh or Chilled Fruit	21 Homemade Mac and Cheese Vegetable of the Day Dinner Roll Fresh or Chilled Fruit	22 Pizza Crunchers Garden Salad Golden Corn Fruit	23 Pasta with Meat Sauce Garlic Bread Tossed Salad Fresh or Chilled Fruit	24 Half Day No Lunch
27 Memorial Day  School Closed	28 Assorted Breaded Chicken Buttered Noodles Vegetable of the Day Fresh or Chilled Fruit	29 Pancakes Breakfast Sausage Hash Brown Fresh or Chilled Fruit	30 Walking Taco Beef, Lettuce, Cheese, Salsa Rice Fresh or Chilled Fruit	31 Cheeseburger on a Bun Emoji Fries Fresh or Chilled Fruit
3 Hot Dog on a Bun French Fries Fresh or Chilled Fruit	4 Margherita's Pizza Bagged Snack Fresh or Chilled Fruit			

Questions or Concerns? Please Visit
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"