



# Holy Guardian Angel Regional School November 2018 Lunch Menu

**NUTRITION NEWS:** Studies show children are more likely to eat their meal if they are involved in the process. Invite your child to help chop vegetables for a side dish or mix together ingredients for a fruit salad. Whether your child is 3 or 12 there are a variety of tasks kids can help with based on their skillset! Make meal preparation and dinnertime more fun by getting the kids involved!

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
			1 <sup>st</sup> <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh or Chilled Fruit	2 <b>Homemade Macaroni and Cheese</b> Green Beans Dinner Roll Fresh or Chilled Fruit
5 <b>Chicken Fries</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	6 <b>Sausage, Egg, and Cheese Croissant</b> Hash Brown Fresh or Chilled Fruit	7 <b>Baked Ziti</b> Garlic Bread Tossed Salad Fresh or Chilled Fruit	8 <b>Hot Ham and Cheese on a Bun</b> Broccoli and Cheddar Soup Fresh or Chilled Fruit	9 <b>Dominos Pizza</b> Fresh Prepared Garden Salad Fresh or Chilled Fruit
12 <b>Baked Pierogies</b> Broccoli Dinner Roll Fresh or Chilled Fruit	13 <b>Grilled Cheese Sandwich</b> Tomato Soup Goldfish Fresh or Chilled Fruit	14 <b>Scoop a Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Steamed Corn Fresh or Chilled Fruit	15 <b>French Toast</b> Sausage Hash Brown Fresh or Chilled Fruit	16 <b>Domino's Pizza</b> Fresh Prepared Garden Salad Fresh or Chilled Fruit
19 <b>PB&amp;J Or Bagel Bag</b> No Swap Out	20 <b>Popcorn Chicken</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	21 <b>No School HAPPY THANKSGIVING</b>	22 <b>No School HAPPY THANKSGIVING</b>	23 <b>No School HAPPY THANKSGIVING</b>
26 <b>No School HAPPY THANKSGIVING</b>	27 <b>Pasta with Meat Sauce</b> Tossed Salad Garlic Bread Fresh or Chilled Fruit	28 <b>Bacon Cheeseburger</b> Onion Rings Fresh or Chilled Fruit	29 <b>Popcorn Chicken</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	30 <b>Domino's Pizza</b> Fresh Prepared Garden Salad Fresh or Chilled Fruit

### 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

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"