

Holy Guardian Angel Regional School

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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
1 New Year's Day School Closed	2 School Closed	3 Baked Pierogies Broccoli Dinner Roll Fresh or Chilled Fruit	4 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	5 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Spaghetti with Meat Sauce Garlic Breadstick Tossed Salad 100% Juice Sorbet	9 Taco Tuesday Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	10 Sausage, Egg, and Cheese Croissant Hash Browns Fresh or Chilled Fruit	11 Mini Ravioli Garlic Bread Steamed Broccoli Fresh or Chilled Fruit	12 Cheesy Breadsticks Marinara Sauce Tossed Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit	17 Honey BBQ Rib Sandwich Sweet Potato Fries Coleslaw Fresh or Chilled Fruit	18 Home Made Mac and Cheese Broccoli Dinner Roll Fresh or Chilled Fruit	19 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	23 Taco Tuesday Walking Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	25 Breakfast For Lunch French Toast Breakfast Sausages Hash Brown Strawberry Applesauce	26 Cheese Quesadilla Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Fresh or Chilled Fruit
29 Homemade Chili Steamed Rice Fresh or Chilled Fruit	30 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 No Lunch Served		

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**


Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"