

Holy Guardian Angel Regional School

April 2018
Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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	Flavored/Unflavored
Hot Pretzel	\$0.75	Low Fat Milk,
Baked Cookie	\$0.50	Iced Tea, or Water
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

2 Popcorn Chicken
Mashed Potatoes
golden Corn
Fresh or Chilled Fruit

Tuesday

3 Breakfast for Lunch
New Items!
Cinnamon French
Toast Sticks
Breakfast Sausages
Diced Potatoes
Fresh or Chilled Fruit

Wednesday

4 Grilled BBQ Rib Sandwich
Seasoned Fries
Fresh or Chilled Fruit

Thursday

5 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa
Steamed Corn
Fresh or Chilled Fruit

Friday

6 Domino's Pizza
Freshly Prepared Tossed Salad
Fresh or Chilled Fruit

9 Baked Pierogies
Broccoli
Dinner Roll
Fresh or Chilled Fruit

10 Chicken Sandwich
Waffle Fries
Fresh or Chilled Fruit

11 Grilled Cheese Sandwich
Tomato Soup
Fresh or Chilled Fruit

12 Spaghetti and Meatballs
Garlic Bread
Tossed Salad
Fresh or Chilled Fruit

13 Domino's Pizza
Freshly Prepared Veggie Dipper
Fresh or Chilled Fruit

16

Hot Dog on a Bun
French Fries
Fresh or Chilled Fruit

17 Breakfast for Lunch

Waffle Sticks
Breakfast Sausages
Hash Brown
Fresh or Chilled Fruit

18

Bacon Cheeseburger
Onion Rings
Bagged Snack
Fresh or Chilled Fruit

19

Cheese Quesadilla
Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa
Steamed Corn
Fresh or Chilled Fruit

20

Ham, Dinner Hashed potatoes
vegetables
fresh or chilled Fruit

Eat the Colors of the Rainbow Week

23

Popcorn Chicken
Buttered Bowtie Noodles
Vegetable of the Day
Fresh or Chilled Fruit

24 Tuesday Tray Day

25

Walking Tacos
Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa
Steamed Corn
Fresh or Chilled Fruit

26

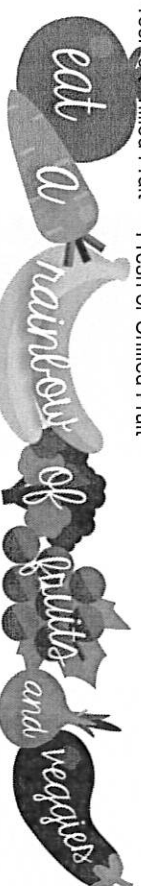
Ham Dinner
Mashed Potatoes
Green Beans
Fresh or Chilled Fruit

27

Domino's Pizza
Freshly Prepared Garden Salad
Fresh or Chilled Fruit

30

Pasta with Meat Sauce
Garlic Bread
Tossed Salad!
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"