

Holy Guardian Angel Regional School

June 2018
Lunch Menu

NUTRITION NEWS: Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

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
	 FUN and SUN			1 Assorted Breaded Chicken Chefs Side if the Day Fresh or Chilled Fruit
4 Baked Pierokies Steamed Broccoli Dinner Roll Fresh or Chilled Fruit	5 Breakfast For Lunch Hash Brown Fresh or Chilled Fruit	6 Domino's Pizza Chefs Side of the Day Fresh or Chilled Fruit	7	8
11	12	13	14	15
 <p>enjoy your Summer Vacation!</p>				
18	19	20	21	22
25	26	27	28	29

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"