

Holy Guardian Angel Regional School AUGUST/SEPTEMBER 2018 Lunch Menu

NUTRITION NEWS: Did you know August is National Family Fun Month? 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

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
27 WELCOME BACK Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	28 French Toast Sticks Sausage Hash Brown Patty Fresh or Chilled Fruit	29 Baked Pierogies Fresh Broccoli Dinner Roll Fresh or Chilled Fruit	30 Domino's Pizza Tossed Salad Fresh or Chilled Fruit	31 School Closed
3 School Closed	4 Pasta with Meat Sauce Garlic Bread Italian Salad Fresh or Chilled Fruit	5 Bacon Cheeseburger on a Bun Onion Rings Fresh or Chilled Fruit	6 Scoop a Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Fresh or Chilled Fruit	7 Domino's Pizza Fresh Cut Veggie Dippers Fresh or Chilled Fruit
10 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	11 Crispy Chicken Sandwich French Fries Fresh or Chilled Fruit	12 Breakfast Sandwich Sausage, Egg, and Cheese on Croissant Hash Brown Patty Fresh or Chilled Fruit	13 Ham Dinner Mashed Potatoes Golden Corn Fresh or Chilled Fruit	14 Domino's Pizza Fresh Prepared Caesar Salad Fresh or Chilled Fruit
17 Cheese Quesadilla Steamed Rice Assorted toppings Fresh or Chilled Fruit	18 Ham and Cheese on a Bun Bagged Snack Potato Salad Fresh or Chilled Fruit	19 Homemade Macaroni and Cheese Green Beans Fresh or Chilled Fruit	20 Hamburger on a Bun French Fries Fresh or Chilled Fruit	21 Domino's Pizza Fresh Prepared Garden Salad Fresh or Chilled Fruit
24 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	25 Mini Ravioli Garlic Bread Steamed Broccoli Fresh or Chilled Fruit	26 Toasted Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	27 Hot Dog on a Bun Assorted Toppings Smile Fries Fresh or Chilled Fruit	28 Domino's Pizza Fresh Prepared House 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

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"