



Holy Guardian Angel Regional School

**October 2019
Lunch Menu**

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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: Turkey, Bacon, Cheese on Club Roll

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 Pasta with Meat Sauce Garlic Bread Tossed Salad Fresh or Chilled Fruit	2 Pancakes Breakfast Sausage Hash Brown Patty Fresh or Chilled Fruit	3 BBQ Pork Rib Sandwich Smiley Fries Coleslaw Fresh or Chilled Fruit	4 Cheesy Twisted Breadsticks Marinara Sauce Tossed Salad Fresh or Chilled Fruit
7 Chicken Parm Buttered Noodles Green Beans Fresh or Chilled Fruit	8 Homemade Mac & Cheese Veggie of the Day Dinner Roll Fresh or Chilled Fruit	9 Cheeseburger on a Bun French fries Fresh or Chilled Fruit	10 Walking Taco Beef, Lettuce, Cheese, Salsa Rice Fresh or Chilled Fruit	11 Margherita's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
14 School Closed	15 Hot Dog on a Bun Sweet Potato Fries Coleslaw Fresh or Chilled Fruit	16 French Toast Sticks Sausage Hash Browns Fresh or Chilled Fruit	17 WALK-A-THON FUN DAY Margherita's Pizza Bagged Snack & Drink ONLY NO SWAP OUTS	18 Popcorn Chicken Mashed Potatoes Green Beans Fresh or Chilled Fruit
21 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	22 Lasagna Rollup Garlic Bread Tossed Salad Fresh or Chilled Fruit	23 Chicken Sandwich Waffle fries Fresh or Chilled Fruit	24 Cheese Quesadilla Rice Corn Salsa Fresh or Chilled Fruit	25 Pizza Crunchers Marinara Sauce Garden Salad Fresh or Chilled Fruit
28 Popcorn Chicken Mashed Potatoes Corn Fresh or Chilled Fruit	29 Baked Pierogies Steamed Broccoli Dinner Roll Fresh or Chilled Fruit	30 Hot Ham & Cheese Chicken & Rice Soup Potato Salad Fresh or Chilled Fruit	31 Happy Halloween Margherita's Pizza Bagged Snack Fresh or Chilled Fruit	
	Half Day			

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"