

St. Jane Frances

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

Student Lunch	\$3.50
Entrée	\$2.25
Milk	\$0.50
Iced Tea	\$0.50
Fresh Fruit	\$0.50
Baked Chips	\$0.75
Ice Cream	\$0.75/\$1.25
Baked Cookie	\$0.50
Spring Water	\$0.50

Beverage Choice:

Your Meal Comes with the Choice of:
 Flavored/Unflavored
 Low Fat Milk
 Iced Tea, Lemonade, Water

Maschio's Swap Outs

Monday: Hot Dog on a Bun
Tuesday: Hamburger on a Bun
Wednesday: Chicken Patty on a Bun
Thursday: Chicken Nuggets with a Roll
Friday: Mozzarella Sticks

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich
 Garden Salad with Cheddar Cheese & Dinner Roll
 Bagel Bag

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Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY HOLIDAYS			1 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pasta with Meatsauce Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Lucky Tray Day Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples	13 Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Roasted Turkey Mashed Potato Gravy Golden Corn Fresh or Chilled Fruit Holiday Pretzel	21 First Day of Winter  Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Half Day No Lunch
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

All Foods and Snacks are Trans Fat Free

Questions or Concerns?
 Please Visit www.MaschioFood.com
 or Call Maschio's Food Services at: 610-253-8442



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"