



St. Jane Frances

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Super Bowl Celebration <i>New Recipe!</i> Boneless Chicken Wing Basket with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 Half Day No Lunch Served
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <i>New Recipe!</i> Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit	7 <i>Lucky Tray Day</i>  Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 <i>SCOOP-A-BOWL</i>  Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Personal Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Ash Wednesday Bellas NY Style Pizza Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 Half Day No Lunch Served
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 <i>New Item!</i> Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit	27 National Tortilla Chip Day <i>New Recipe!</i> Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa <i>Southwestern Slaw</i> Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit		
<p>All Foods and Snacks are Trans Fat Free</p>				

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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

Connect with us!   