



# St. Jane Frances

## August/September 2017 Lunch Menu

Farm Fresh Produce will be available from September 25th through the 29th.  
**Local produce decreases the food miles from the farm to your cafeteria.**  
**Local fruits and vegetables are in season and taste great!**

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

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
4	5	6	7	8
11	12	13	14	15
18 <b>Popcorn Chicken with Dipping Sauces</b> Buttered Noodles Carrots Fresh or Chilled Fruit	19 <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick Green Beans Strawberry Applesauce	21 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 <b>Mini Cheese Pizza Bagels</b> Fresh Veggie Dippers Fresh or Chilled Fruit
25 <b>Grilled Chicken Sandwich with Lettuce &amp; Tomato</b> Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 <b>Johnny Appleseed Day Mozzarella Sticks</b> Marinara Sticks Freshly Prepared Garden Salad Locally Grown Apple	27 <b>Cheese Burger on a Bun</b> French Fries Freshly Prepared Garden Salad Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 <b>Macaroni and Cheese</b> Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	29 <b>Bella's Pizza New York Style</b> Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit

### 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

## Farm to School Week

All Foods and Snacks are Trans Fat Free

MENU SUBJECT TO CHANGE

Connect with us!



Questions or Concerns?  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 or Call Maschio's Food Services at: 610-253-8442



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