

# St. Jane Frances

## January 2018 Lunch Menu

**NUTRITION NEWS:** It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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
1 <b>New Year's Day</b>  <b>School Closed</b>	2  <b>School Closed</b>	3 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 <b>Bella's Pizza</b> <b>New York Style</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	9 <b>Chicken &amp; Cheese Quesadilla</b> with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 <b>Breakfast For Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>National Milk Day</b> <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 <b>Stuffed Crust Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Lucky Tray Day</b>  <b>SCOOP-A-BOWL</b> Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit	18 <b>All-Natural Beef Hot Dog on a Bun</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 <b>French Bread Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 <b>Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Taco Tuesday</b> <b>Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 <b>Winter Picnic</b> <b>BBQ Grilled Chicken Sandwich</b> Country Slaw Baked Beans Fresh or Chilled Fruit	25 <b>Breakfast For Lunch</b> <b>French Toast</b> Breakfast Sausages Hash Browns Strawberry Applesauce	26 <b>Personal Pan Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 <b>Crispy Chicken Sandwich</b> Peas & Carrots Fresh or Chilled Fruit	30 <b>Breakfast For Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 <b>New Recipe!</b> <b>Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread Fresh or Chilled Fruit		

All Foods and Snacks are Trans Fat Free

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"