



St. Jane Frances

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

Connect with us!



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>				
		1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Stuffed Crust Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit	9 Grilled Cheese Tomato Soup Goldfish Crackers Fresh or Chilled Fruit	10 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit
13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit	14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	17 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	21 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit	22 Early Dismissal	23 School Closed	24 
27 School Closed	28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	30 Philly Cheesesteak Hero French Fries Warm Pear Crisp	

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"