



St. Jane Frances

2018 August & September Lunch Menu

NUTRITION NEWS: Did you know August is National Family Fun Month? Studies show children are more likely to eat their meal if they are involved in the process. Invite your child to help chop vegetables for a side dish or mix together ingredients for a fruit salad. Whether your child is 3 or 12 there are a variety of tasks kids can help with based on their skillset! Make meal preparation and dinnertime more fun by getting the kids involved!

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
27 Welcome Back! Crispy Chicken Nuggets Soft Pretzel Stick Smile Fries 100% Juice Sorbet	28 Cheeseburger on a Bun Tator Tots Fresh or Chilled Fruit	29 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	30 Cheese Pizza Garden Salad Fresh or Chilled Fruit	31 School Closed
3 Labor Day School Closed	4 All Natural Beef Hot Dog on a Bun Tater Tots Fresh Watermelon	5 Chicken Parm with Pasta Marinara Broccoli Italiano Fresh or Chilled Fruit	6 Mini Burger Sliders Baked French Fries Fresh or Chilled Fruit	7 Pizza Sticks with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
10 Popcorn Chicken with Dipping Sauce Dinner Roll Steamed Carrots Fresh or Chilled Fruit	11 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Corn Fresh or Chilled Fruit	12 Meatball Parm Hero Sautéed Green Beans Fresh or Chilled Fruit	13 Crispy Chicken BLT on a Roll Fresh Cucumber Coins Fresh or Chilled Fruit	14 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit
17 Crispy Chicken Sandwich Baked Fries Fresh or Chilled Fruit	18 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	19  Grilled Cheese Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	20  Beef, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	21 Personal Pan Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
24 Crispy Chicken Nuggets Soft Pretzel Stick Roasted PA Preferred Vegetables PA Preferred Apples	25 Bacon, Egg, & Cheese on an English Muffin Maple Cinnamon Sweet Potato Tots PA Preferred Fruit	26 Pasta with Meatballs Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit PA Preferred Fruit	27 Hamburger or Cheeseburger on a Bun Potato Wedges PA Preferred Fruit	28 Bella's Pizza New York Style Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit

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



Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"

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