



St. Jane Frances

2018 October 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
1 Turkey Corn Dog Nuggets Emolt Fries Fresh or Chilled Fruit	2 Ham and Cheese Melt on Pretzel Bun Veggie Dippers Fresh Watermelon	3 Pasta Day with Meat Sauce Warm Breadstick Spring Mix Salad Fresh or Chilled Fruit	4 Chicken Fries Warm Biscuit Mashed Potatoes with Gravy Steamed Corn Fresh or Chilled Fruit	5 Noon Dismissal No Lunch
8 Columbus Day School Closed	9 Meatball Parm Hero French Fries Fresh or Chilled Fruit	10 Waffles Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	11 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	12 French Bread Pizza Italian House Salad Fresh or Chilled Fruit
15 Popcorn Chicken Warm Biscuit Mashed Potatoes with Gravy Steamed Corn Fresh or Chilled Fruit	16 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	17 Macaroni and Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit 	18 French Toast Sticks Breakfast Sausage Hash Brown Rounds Fresh or Chilled Fruit 	19 Bella's NY Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Chicken Nuggets Confetti Rice Green Beans Fresh or Chilled Fruit	23 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	24 BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	25 Pasta Day with Meat Balls Marinara Warm Breadstick Spring Mix Salad Fresh or Chilled Fruit	26 Stuffed Crust Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
29 Crispy Chicken BLT on a Roll Cucumber Coins Fresh or Chilled Fruit	30 All Natural Beef Hot Dogs Oven baked French Fries Fresh or Chilled Fruit Farm Fresh Fruit	31 Pancakes Breakfast Sausage Hash Brown Rounds Fresh or Chilled Fruit Farm Fresh 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

"This institution is an equal opportunity provider"

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