

# St. Jane Frances

## December 2018 Lunch Menu

**NUTRITION NEWS:** With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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
 <h1>HAPPY HOLIDAYS</h1>				
<b>3 Chicken Nuggets</b> Dinner Roll Mashed Potatoes Green Beans Fresh Apple	<b>4 Taco Tuesday</b> <b>Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	<b>5 Macaroni and Cheese</b> Soft Pretzel Stick Roasted Vegetables Fresh or Chilled Fruit	<b>6 Rodeo Burger on a Bun</b> Crinkle Cut French Fries Fresh or Chilled Fruit	<b>7 Pepperoni Pinwheel</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>10 Breaded Ravioli and Twisted Bread Stick</b> Marinara Veggie Dippers Fresh or Chilled Fruit	<b>11 Breakfast For Lunch</b> <b>French Toast Sticks</b> Sausages Sweet Potato Fries Fresh or Chilled Fruit	<b>12 Philly Chicken Cheesesteak</b> Country Slaw Fresh or Chilled Fruit	<b>13 Grilled Cheese and Bacon Sandwich</b> Tomato Soup Fresh or Chilled Fruit	<b>14 Bella's NY Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>17 Chicken Nuggets</b> Confetti Rice Steamed Peas Fresh or Chilled Fruit	<b>18 Turkey with Stuffing</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	 <b>19 with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit	<b>20 Bacon Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit	<b>21 Half Day</b> No Lunch Served
<h1>Enjoy your Winter Break &amp; Have a Happy New Year!</h1>				

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"