



St. Jane Frances

January 2019

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 NO SCHOOL	2 Creamy Macaroni & Cheese Warm Breadstick Green Beans	3 Hot Dog on a Bun Battered French Fries Fresh or Chilled Fruit	4 Cheese Pizza Freshly Prepared Italian Salad Fresh or Chilled Fruit
7 Crispy Chicken Sandwich Tater Tots Fresh or Chilled Fruit	8 Brunch For Lunch Cheese Omlett and Cinnamon Twist Hash Brown Round Fresh or Chilled Fruit	9 Teriyaki Beef and Broccoli Steamed Rice Fortune Cookie Fresh or Chilled Fruit	10 Popcorn Chicken Soft Pretzel Stick Steamed Corn Fresh or Chilled Fruit	11 Stuffed Crust Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
14 Chicken Nuggets Dinner Roll Mashed Potatoes Golden Corn Fresh or Chilled Fruit	15 Twin Tacos Taco Meat, Cheddar Cheese with Lettuce, Tomatoes, & Salsa Steamed Corn Rice Fresh or Chilled Fruit	16 Cheese Steak Hoagie Peppers and Onions Tater Tots Fresh or Chilled Fruit	17 California Burger on a Bun Crinkle Cut Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 Pepperoni Pinwheels Freshly Prepared Caesar Salad Fresh or Chilled Fruit
21 MLK DAY NO SCHOOL	22 Breakfast For Lunch French Toast Sticks Breakfast Sausages Sweet Potato Shoestring Fries Strawberry Applesauce	23 BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	24 Hot turkey and Cheese Sandwich Chicken Noodle Soup Fresh or Chilled Fruit	25 Bella's NY Style Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	29 Breakfast For Lunch Breakfast Pizza Breakfast Sausage Hash Brown Rounds Lemon/Cherry Sorbet Fresh or Chilled Fruit	30 Twin Tacos: Chicken Cheddar Cheese with Lettuce, Tomatoes, & Salsa Steamed Corn Rice Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun French Fries 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

"This institution is an equal opportunity provider"