



# St. Jane Frances

## 2018 November Lunch Menu

**NUTRITION NEWS:** 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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <sup>st</sup> <b>Meatball Parm Hero</b> Battered French Fries Fresh or Chilled Fruit	2 <b>Pizza Crunchers with Marinara Sauce</b> Fresh Prepared Spring Mix Salad Fresh or Chilled Fruit
5 <b>Grilled Cheese Sandwich</b> Tomato Soup Pepper Dippers Fresh or Chilled Fruit	6 <b>Chicken Nuggets</b> Tater Tots Soft Pretzel Stick Fresh or Chilled Fruit	7 <b>Scoop a Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Steamed Corn Fresh or Chilled Fruit	8 <b>Cheesesteak Hero</b> Peppers Onions Sweet Potato Fries Fresh or Chilled Fruit	9 <b>Personal Pan Pizza</b> Cucumber and Tomato Salad Fresh or Chilled Fruit
12 <b>Turkey Corn Dog Nuggets</b> Smile Fries Fresh or Chilled Fruit	13 <b>Waffles</b> Sausage Patty Hash Brown Round Fresh or Chilled Fruit	14 <b>Pasta with Meat Sauce</b> Garlic Breadstick Spring Mix Salad Fresh or Chilled Fruit	15 <b>Thanksgiving Dinner</b> Turkey, Mashed Potatoes, Green Beans, Pumpkin Swirl Roll Fresh or Chilled Fruit	16 <b>Cheese Pizza</b> Fresh Caesar Salad Fresh or Chilled Fruit
19 <b>Popcorn Chicken</b> Dinner Roll Veggie Dippers Fresh or Chilled Fruit	20 <b>Cheese Pizza</b> Battered French Fries Fresh or Chilled Fruit	21 <b>Early Dismissal</b> <b>HAPPY THANKSGIVING</b>	22 <b>No School</b> <b>HAPPY THANKSGIVING</b>	23 <b>No School</b> <b>HAPPY THANKSGIVING</b>
26 <b>No School</b> <b>HAPPY THANKSGIVING</b>	27 <b>Pancake Breakfast</b> Sausage Patty Hash Brown Rounds Fresh or Chilled Fruit	28 <b>Pasta with Meatballs</b> Broccoli Fresh or Chilled Fruit	29 <b>Hamburger or Cheeseburger on a Bun</b> French Fries Fresh or Chilled Fruit	30 <b>Stuffed Crust Pizza</b> Fresh Prepared Caesar Salad Fresh or Chilled Fruit

### 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

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



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