

February 2019

St. Jane Frances de Chantal School
Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Twisted Cheesy Breadsticks with Marinara Sauce
- Freshly Prepared Garden Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

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4

- Breakfast Pizza
- Breakfast Sausage
- Hash Brown Rounds
- Assorted Fresh or Chilled Fruit
- Milk Variety

5

- Chinese New Year
- Sweet & Sour Chicken and Rice
- Stir-Fry Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

6

- Chicken Alfredo Pasta
- Roasted Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

7

- BBQ Grilled Chicken Sandwich
- Crinkle Cut French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

- Pizza Bagels
- Freshly Prepared Caesar Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

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11

- Grilled Cheese Sandwich
- Tomato Soup
- Assorted Fresh or Chilled Fruit
- Milk Variety

12

- Chicken and Cheese Quesadilla with Salsa
- Steamed Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

13

- All-Natural Beef Hot Dog on a Bun
- Battered French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

14

- Popcorn Chicken
- Soft Pretzel Stick
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

15

- French Bread Pizza
- Freshly Prepared Italian House Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

18



19

- Chicken Nuggets
- Soft Pretzel Sticks
- Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

20

- New Item!
- Italian Sampler with Breaded Ravioli and Mozzarella Sticks with Marinara Sauce
- Veggie Dippers
- Assorted Fresh or Chilled Fruit
- Milk Variety

21

- Breakfast for Lunch
- Waffles
- Breakfast Sausages
- Sweet Potato Waffle Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

22

- Personal Pan Pizza
- Freshly Prepared Caesar Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

25

- Meatless Monday
- Grilled Cheese Sticks
- Tomato Soup
- Assorted Fresh or Chilled Fruit
- Milk Variety

26

- Hamburger on a Bun or Cheeseburger on a Bun
- Confetti Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

27

- New Item!
- Mac & Cheese
- Cornbread Muffin
- Green Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

28

- Crispy Chicken Sandwich
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

Swap Outs: Monday: All-Natural Beef Hot Dog on a Bun, Tuesday: Hamburger on a Bun, Wednesday: Breaded Chicken Patty on a Bun, Thursday: Chicken Nuggets Dinner Roll, Friday: Mozzarella Sticks

Available Daily: Peanut Butter and Jelly Sandwich, Garden Salad Dinner Roll, Bagel Bag

All Meals Served All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

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