



St. Jane Frances

April 2019 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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 Chicken Nuggets Soft Pretzel Stick Tater Tot Assorted Fresh or Chilled Fruit	2 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Golden Corn Fresh or Chilled Fruit	3 Chicken and Cheese Quesadilla Veggie Dippers Fresh or Chilled Fruit	4 Breakfast for Lunch Waffles Breakfast Sausages Sweet Potato Fries Fresh or Chilled Fruit	5 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Grilled Cheese Sticks Tomato Soup Fresh or Chilled Fruit	9 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	10 Macaroni and Cheese Cornbread Muffin Green Beans Fresh or Chilled Fruit	11 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit	12 Bella's NY Style Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Sweet and Sour Chicken Rice Steamed Broccoli Fresh or Chilled Fruit	16 Breakfast for Lunch French Toast Sticks Breakfast Sausages Sweet Potato Fries Fresh or Chilled Fruit	17 Pasta with Meatballs Mashed Potatoes Green Beans Fresh or Chilled Fruit	18 Half Day No Lunch Served	19 School Closed
22 School Closed	23 Hot Dog on a Bun Onion Rings Baked Beans Fresh or Chilled Fruit	24 Breakfast for Lunch Confetti Pancakes Breakfast Sausages Hash Brown Rounds Fresh or Chilled Fruit	25 Teriyaki Beef Steamed Rice Roasted Broccoli Fresh or Chilled Fruit	26 NO LUNCH SERVICE HAWK WALK!!!! Please Bring a Lunch!
29 Breakfast for Lunch Egg and Cheese Omelet Breakfast Sausages Sweet Potato Fries Fresh or Chilled Fruit	30 Cheesy Vegetable Stromboli Freshly Prepared Spring Mix Salad 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"

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