



St. Jane Frances

**March 2019
Lunch Menu**

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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
	<i>Happy Spring!</i> 			1 Bella's NY Style Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
4 Sweet and Sour Chicken Rice Steamed Broccoli Fresh or Chilled Fruit	5 Breakfast For Lunch French Toast Sticks Breakfast Sausage Oven Baked Sweet Potato Fries Fresh or Chilled Fruit	6 Ash Wednesday Grilled Cheese Sandwich Tomato Soups Fresh or Chilled Fruit	7 Chicken Nacho Platter with Chicken, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Southwest Corn Fresh or Chilled Fruit	8 Pizza Crunchers Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
11 Egg Omelet Breakfast Sausage Hash Brown Round Fresh or Chilled Fruit	12 Hot Dog on a Bun Onion Rings BBQ Baked Beans Fresh or Chilled Fruit	13 Confetti Pancakes Breakfast Sausage Hash Browns Fresh or Chilled Fruit	14 Pasta with Meatballs Garlic Breadstick Freshly Prepared Caesar Salad Fresh or Chilled Fruit	15 No Lunch Served
18 Popcorn Chicken Sweet Potato Fries Fresh or Chilled Fruit	19 Teriyaki Beef Steamed Broccoli Steamed Rice Fortune Cookie Fresh or Chilled Fruit	20 Cheese Quesadilla Steamed Corn Salsa, Lettuce, Tomato Fresh or Chilled Fruit	21 Cheeseburger on a Bun Emoji Fries Steamed Corn	22 Pizza Bagels Freshly Prepared Italian House Salad Fresh or Chilled Fruit
25 Chicken Nuggets Buttered Noodles Maple Cinnamon Carrots Fresh or Chilled Fruit	26 Breakfast For Lunch French Toast Sticks Breakfast Sausage Seasoned Potato Wedges Fresh or Chilled Fruit	27 Breaded Ravioli w/ Marinara Italian Green Beans Fresh or Chilled Fruit	28 Chicken Alfredo Pasta Garlic Bread Tossed Salad Fresh or Chilled Fruit	29 Twisted Cheesy Breadsticks Freshly Prepared Veggie Dippers Fresh or Chilled Fruit
All Foods and Snacks are Trans Fat Free				
<p>Questions or Concerns? Please Visit www.MaschioFood.com or Call Maschio's Food Services at: 610-253-8442</p>				
				<p>MENU SUBJECT TO CHANGE</p> <p>"This institution is an equal opportunity provider"</p>

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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