



# SEPTEMBER

## St. Jane Frances Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Prices</b> • Student Lunch Price: \$3.50 • Adult Lunch Price: \$3.50	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Labor Day - No School	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Plain or Spicy Crispy Chicken Sliders</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Egg, Sausage and Cheese on a Waffle</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Bella's Pizza</li> <li>• Vegetable of the Day</li> </ul>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• General Tso's Chicken with Rice</li> <li>• Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Turkey and Cheese Sandwich</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Rodeo Burger on a Bun with Onion Rings &amp; BBQ Sauce</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• French Bread Pizza</li> <li>• Vegetable of the Day</li> <li>• Maschio's Lemon/Cherry Frozen Sorbet</li> </ul>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or Three Cheese Grilled Cheese Sandwich</li> <li>• Cucumber Coins</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or Bacon Cheddar Cheeseburger</li> <li>• Seasoned Sweet Potato Waffle Fries</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or Italian Sub with Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or Chicken and Cheese Quesadilla</li> <li>• Potato Wedges</li> <li>• Vegetable of the Day</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Pizzaboli</li> <li>• Vegetable of the Day</li> </ul>
<b>28</b>	<b>29</b>	<b>30</b>	All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and <u>Water bottle</u>	
<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Buffalo Chicken Wings</li> <li>• Mini Cornbread Loaf</li> <li>• Sauteed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or</li> <li>• Creamy Mac &amp; Cheese</li> <li>• Soft Pretzel Stick</li> <li>• Sauteed Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Bagel Bag w/ Yogurt &amp; Cheese or Italian Sub with Vegetable of the Day</li> </ul>		

Menus are Subject to Change Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrate Counts for food items, please visit [www.maschiofood.com](http://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.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

Nutrition Info 9-12. Our well-balanced lunches available for the week, average between 750-850 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates Counts for food items, please visit [www.maschiofood.com](http://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.



**QUESTIONS OR COMMENTS?**  
Please call us at (973) 259-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow  
*healthier kids!*