



# Sacred Heart School

May 2018  
Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

SIDEKICKS	
Milk	\$0.50
Lemonade	\$0.50
Spring Water 8oz	\$0.50
Soup w/ Crackers	\$1.50
Baked Cookie	\$0.50
Baked Chips	\$0.75
Rice Krispy Treat	\$0.25
Fresh Fruit	\$0.75
Fruit Cup or Fruit Juice	\$0.50

  

Beverage Choice:	
Your Meal Comes with the Choice of:	
Flavored/Unflavored Low Fat Milk,	
Iced Tea, or Water	

## Maschio's Swap Outs

- Monday:** Grilled Chicken Sandwich
- Tuesday:** Ham and Cheese Wrap
- Wednesday:** Turkey, Cheese, and Bacon Sandwich
- Thursday:** Chicken Caesar Wrap
- Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Grilled Chicken Caesar Salad with

a Dinner Roll

Chef Salad with a Dinner Roll

### Monday

7 **Hot Dog on a Bun**  
Sweet Potato fries  
Celery Dippers  
Fresh or Chilled Fruit

14 **Chicken Tenders**  
Buttered noodles  
Green Beans  
Fresh or Chilled Fruit

21 **Mini Corn Dogs**  
Tater Tots  
Fresh or Chilled Fruit

28 **Memorial Day**  
  
School Closed

### Tuesday

1 **Chicken Fries**  
Curly Fries  
Sweet Peas  
Fresh or Chilled Fruit

**National Hamburger Month**

15 **Macaroni and Cheese**  
Sweet Peas  
Dinner Roll  
Fresh or Chilled Fruit

22 **Pasta with Sacue**  
Italian Bread  
Caesar Salad  
National BBQ Month

29 **Taco Tuesday!**  
Walking Tacos  
Lettuce, Cheese, Salsa  
Cinnamon Churro  
Fresh or Chilled Fruit

### Wednesday

2 **Cheeseburger on a Bun**  
Lettuce, Tomato  
Tater Tots  
Fresh or Chilled Fruit

9 **Loaded Chicken Nachos**  
Lettuce, Cheese, Salsa  
Golden Corn  
Fresh or Chilled Fruit

16 **BBQ Rib Sandwich**  
Baked Beans  
Cookie  
Fresh or Chilled Fruit

23 **Popcorn Chicken**  
Washed Potatoes  
Golden Corn Fruit

30 **Meatball Parm Sandwich**  
Curly Fries  
Celery Dippers  
Fresh or Chilled Fruit

### Thursday

3 **Sausage, Egg and Cheese Sandwich**  
Hash Brown Patty  
Fresh or Chilled Fruit

10 **Grilled Chicken Sandwich Club**  
Smiley Fries  
Fresh or Chilled Fruit

17 **Grilled Cheese Sandwich**  
Sweet Potato Fries  
Fresh or Chilled Fruit  
Celery Dippers

24 **Breakfast for Lunch**  
French Toast  
Sticks  
Bacon  
Hash Brown Patty  
Fresh or Chilled Fruit

31 **Cheesy Meatloaf Burger**  
Lettuce, Tomato  
Fresh or Chilled Fruit  
Snack Bag

### Friday

4 **Walk a Tion**  
No Lunch Served

11 **Georgio's Cheese Pizza**  
Freshly Prepared Caesar Salad  
Fresh or Chilled Fruit

18 **Georgio's Cheese Pizza**  
Freshly Prepared Garden Salad  
Fresh or Chilled Fruit

25 **Half Day**  
No Lunch

Connect with us!   

## Questions or Concerns?

Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)

or Call Maschio's Food Services at: 610-373-3316



MENU SUBJECT  
TO CHANGE

"This institution is an equal opportunity provider"