



# Sacred Heart School

## February 2019 Lunch Menu

**NUTRITION NEWS:** February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

### 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

Student Lunch \$3.50

Adult Lunch \$4.00

### Beverage Choice:

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

### Maschio's Swap Outs

**Monday:** Popcorn Chicken

**Tuesday:** Hot Ham and Cheese

**Wednesday:** Turkey, Cheese, and Bacon Sandwich

**Thursday:** Cheeseburger

**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	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>			1 <b>Georgio's Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
4 <b>Buttered Pierogies</b> Green Beans Dinner Roll Fresh or Chilled Fruit	5 <b>Bacon, Egg, and Cheese Sandwich</b> Hash Brown Fresh or Chilled Fruit	6 <b>Hot Dog on a Bun</b> Cup Of Soup Fresh or Chilled Fruit	7 <b>Chicken Fries</b> Buttered Noodles Carrots Fresh or Chilled Fruit	8 <b>Georgio's Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 <b>Walking Taco with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Churro Fresh or Chilled Fruit	12 <b>Chicken Patty Sandwich</b> Curly Fries Lettuce, Tomato Fresh or Chilled Fruit	13 <b>Pasta with Meatballs and Marinara Sauce</b> Garden Salad Italian Bread Fresh or Chilled Fruit	14 <b>Georgio's Cheese Pizza</b> Freshly Prepared Veggie Dippers Valentine Treat Fresh or Chilled Fruit	15 <b>NOON DISMISSAL NO LUNCH SERVICE</b>
18 <b>President's Day School Closed</b>	19 <b>Pizza Crunchers</b> Marinara Sauce Veggie Dippers Fresh or Chilled Fruit Pudding	20 <b>Cheeseburger on a Bun</b> Lettuce, Tomato Tater Tots Fresh or Chilled Fruit	21 <b>Chicken Alfredo Pasta</b> Broccoli Italian Bread Fresh or Chilled Fruit	22 <b>Georgio's Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
25 <b>Macaroni and Cheese</b> Roasted Carrots Dinner Roll Fresh or Chilled Fruit	26 <b>Blueberry Pancakes</b> Sausage Hash Browns Fresh or Chilled Fruit	27 <b>Loaded Nachos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Fresh or Chilled Fruit	28 <b>Meatball Parmesan Sandwich</b> Snack Bag Fresh or Chilled Fruit	

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"