

Sacred Heart School

January 2019
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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,
or Water

Maschio's Swap Outs

Monday: Popcorn Chicken

Tuesday: Hot Ham and Cheese Wrap

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
	1 NO SCHOOL	2 Grilled Chicken Sandwich Lettuce, Tomato Emoticon Fries Fresh or Chilled Fruit	3 Buttered Pierogies Dinner Roll Steamed Corn Fresh or Chilled Fruit	4 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
7 Pasta with Meatballs Marinara Italian Bread Veggie Dippers Fresh or Chilled Fruit	8 Hot Dog on a Bun Tater Tots Pudding Fresh or Chilled Fruit	9 Sausage, Egg, and Cheese Sandwich Hash Brown Fresh or Chilled Fruit	10 Chicken Fries Macaroni Salad Dipping Sauce Fresh or Chilled Fruit	11 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
14 Mini Corn Dogs Curly Fries Green Beans Fresh or Chilled Fruit	15 Pizza Crunchers with Marinara Sauce Veggie Dippers Fresh or Chilled Fruit	16 Pasta Alfredo with Chicken Broccoli Italian Bread Fresh or Chilled Fruit	17 Chicken Patty sandwich Lettuce, Tomato Cup of Soup Fresh or Chilled Fruit	18 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
21 MLK DAY NO SCHOOL	22 Walking Tacos: Beef, Cheddar Cheese with Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	23 Chicken Tenders Mashed Potatoes Sweet Corn Fresh or Chilled Fruit	24 Cheesesteak Sandwich Bagged Snack Fresh or Chilled Fruit	25 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
28 Cheeseburger on a Bun Lettuce, Tomato Sweet Potato Fries Fresh or Chilled Fruit	29 Macaroni and Cheese Dinner Roll Sweet PEas Fresh or Chilled Fruit	30 French Toast Bacon Hash Browns Fresh or Chilled Fruit	31 Meatball Parm Sandwich Emoticon Fries Fresh or Chilled Fruit	

Connect with us!   

Questions or Concerns?

Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: 610-373-3316

MENU SUBJECT
TO CHANGE

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"