



# St. Aloysius School

## February 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

#### February is Heart Healthy Month!

Your heart is a muscle and getting at

least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

#### Beverage Choice:

Your Meal Comes with the

Choice of:

Flavored/Unflavored

Low Fat Milk ,

Iced Tea, Lemonade or

Water

# MASCHIO'S MAIN EVENT

Student Lunch	\$3.25
Adult Lunch	\$2.25
<b>"SIDEKICKS"</b>	
Potato/Sausage	\$1.00
Vegetable/Salad/Fruit	\$0.60
Soup w/Crackers	\$1.00
Milk	\$0.65
Water/Fruit Juice	\$0.60
Hot Pretzel	\$1.00
Funnel Cake/ Nachos	\$1.00
Churro	\$1.00
Ice Cream	\$0.75/\$1.25
Baked Chips	\$0.65
Baked Cookie	\$0.35--3/\$1.00

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Chicken Caesar Salad with a Dinner Roll

**Wednesday:** No Swap out today

**Thursday:** Super Sub Sandwich

**Friday:** Spicy Chicken Caesar Salad

### Maschio's Swap Outs Available Daily

Bagel Bag Meal

Cereal Bag Meal

Peanut Butter & Jelly Uncrustable

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Crispy Chicken Tenders</b> Dinner Roll Buttered Noodles Golden Corn Fresh or Chilled Fruit	2 <b>Plain Hamburger Or Cheeseburger</b> On a Bun Potato Chips Cucumber Coins Fresh or Chilled Fruit	3 <b>New York Style Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 <b>Fluffy Pancakes</b> With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	7 <b>Grilled Cheese Sandwich</b> Tomato Soup Glazed Carrots Fresh or Chilled Fruit	8 <b>Regular or Spicy Chicken Patty Sandwich</b> On a Bun Potato Chips Fresh or Chilled Fruit	9 <b>All Natural Beef Hot Dog on a Bun</b> Crispy Tater Tots Cucumber Coins Fresh or Chilled Fruit	10 <b>New York Style Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit
13 <b>Hot Waffles</b> With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	14 <b>Seasoned Taco Meat with Nacho Scoops</b> Shredded Lettuce, Salsa, & Cheddar Cheese Fresh or Chilled Fruit <b>Valentine's Day</b>	15 <b>Crispy Chicken Nuggets</b> Dinner Roll Golden Corn Fresh or Chilled Fruit	16 <b>New York Style Pizza</b> Freshly Prepared Tossed Salad Fresh or Chilled Fruit	17 <b>School Closed</b>
20 <b>School Closed</b>  <b>Presidents' Day</b>	21 <b>French Toast With Syrup</b> Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	22 <b>Chicken Bonanza Day</b> Potato Chips Golden Corn Fresh or Chilled Fruit	23 <b>Baked Macaroni &amp; Cheese</b> Dinner Roll Glazed Carrots Fresh or Chilled Fruit	24 <b>New York Style Pizza</b> Freshly Prepared House Salad Fresh or Chilled Fruit
27 <b>Breakfast Bonanza Day</b> Fresh or Chilled Fruit	28 <b>"CHEF'S CHOICE" DAY</b> Fresh or Chilled Fruit	 <p><b>Keep your heart happy by choosing healthy options!</b></p>		



Check us out on Facebook : [Maschio's Food Services, Inc.](#)

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at Your School

Lunch Tickets are available in the cafeteria:  
10 for \$32.50 / 20 for \$65.00

**Please Make Checks Payable To:**  
**Maschio's Food Services, Inc.**



"This institution is an equal opportunity provider"