



St. Aloysius School

January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

Student Lunch	\$3.25
Adult Lunch	\$2.25
"SIDEKICKS"	
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

Beverage Choice:

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

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Fluffy Pancakes With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	4 Crispy Chicken Nuggets Dinner Roll Golden Corn Fresh or Chilled Fruit	5 Philly Style Cheese Steak Potato Chips Fresh or Chilled Fruit	6 New York Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Hot Waffles With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	10 All Beef Natural Hot Dog On a Bun Smile Fries Fresh or Chilled Fruit	11 Crispy Chicken Tenders Buttered Noodles Golden Corn Fresh or Chilled Fruit	12 Baked Cheese Ravioli Glazed Carrots Fresh or Chilled Fruit	13 New York Style Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 School Closed	17 Spicy Or Plain Chicken Patty Sandwich On a Bun Crunchy Tater Tots Fresh or Chilled Fruit Martin Luther King, Jr. Day	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Creamy Macaroni & Cheese Corn Muffin Steamed Broccoli Fresh or Chilled Fruit	20 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
23 Bacon, Egg, & Cheese on a Bagel Hash Brown Potato Fresh or Chilled Fruit	24 Choice of a Hamburger or Cheeseburger on a Bun Potato Chips Cucumber Coins Fresh or Chilled Fruit	25 Crispy Chicken Nuggets Dinner Roll Golden Corn Fresh or Chilled Fruit	26 Grilled Cheese Sandwich With Tomato Soup Fresh or Chilled Fruit	27 New York Style Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 BREAKFAST BONANZA Fresh or Chilled Fruit	31 "CHEF'S" Choice Day Fresh or Chilled Fruit			



Check us out on Facebook : Maschio's Food Services, Inc.

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit 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.



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