



St. Aloysius School

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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
		1 Grilled Cheese Sandwich Freshly Prepared Tomato Soup Fresh or Chilled Fruit	2 Chicken Nuggets Dinner Roll Broccoli	3 New York Style Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
6 Egg, Cheese and Bacon on a Bagel Hash Browns Fresh or Chilled Fruit	7 All Natural Beef Hot Dog on a Bun Potato Smiles Cucumber Coins Fresh or Chilled Fruit	8 Chicken Tenders Mashed Potatoes Golden Corn Fresh or Chilled Fruit	9 BBQ Rib Sandwich Potato Chips Fresh or Chilled Fruit	10 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
13 French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	14 Seasoned Taco Meat with Nacho Scoops Shredded Lettuce, Shredded Cheddar and Salsa Fresh or Chilled Fruit	15 Plain or Spicy Chicken Patty on a Bun Potato Chips Fresh or Chilled Fruit	16 Baked Ravioli Dinner Roll Glazed Carrots Fresh or Chilled Fruit	17 New York Style Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit
20 Pancakes Bacon Hash Browns Fresh or Chilled Fruit 1st Day of Spring	21 Mozzarella Cheese Stricks With Marinara Sauce Dinner Roll Garden Salad Fresh or Chilled Fruit	22 Chicken Nuggets Dinner Roll Golden Corn Fresh or Chilled Fruit	23 Hamburger or Cheeseburger on a Bun Potato Chips Fresh or Chilled Fruit	24 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
27 Breakfast Bonanza Day Fresh or Chilled Fruit	28 "CHEF'S CHOICE DAY" Fresh or Chilled Fruit	29 Chicken Bonanza Vegetable Medley Fresh or Chilled Fruit	30 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	31 School Closed



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.



"This institution is an equal opportunity provider"