



St. Aloysius School November 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

National Sandwich Day honors the world's first sandwich maker in the 18th century:
John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.

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 Golden Corn Dogs Smiley Fries Vegetable Du Jour Fresh or Chilled Fruit	2 Crispy Chicken Tenders Buttered Noodles Golden Corn Fresh or Chilled Fruit	3 School Closed	4 Emilio's Pizza Fresh Tossed Salad Fresh or Chilled Fruit
7 French Toast With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	8 Meatball Parm Sub Tossed Salad Fresh or Chilled Fruit	9 Regular Or Spicy Chicken Sandwich on a Bun Potato Cips Fresh or Chilled Fruit	10 Emilio's Pizza Day Tossed Salad Fresh or Chilled Fruit	11 Veterans Day 🇺🇸 School Closed
14 Bacon, Egg, & Cheese Sandwich on a Bagel Hash Brown Potato Fresh or Chilled Fruit	15 Mini Pizza Bagels Cucumber Coins Fresh Or Chilled Fruit	16 Crispy Chicken Nuggets Dinner Roll Golden Corn Fresh or Chilled Fruit	17 Hamburger Or Cheeseburger On a Bun Potato Chips Fresh or Chilled Fruit	18 Emilio's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Fluffy Pancakes With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	22 Taco Scoop Seasoned Taco Meat Cheddar Cheese, Salsa, & Lettuce Fresh or Chilled Fruit	23 Emilio's Pizza Day Tossed Salad Fresh or Chilled Fruit	24 Happy Thanksgiving! 🦃	
28 Breakfast Bonanza With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	29 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	30 "CHEF'S" CHOICE DAY Fresh or Chilled Fruit	Try to fill at least half your plate with fruits and vegetables! 	



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

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.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"