



# St. Aloysius School

## October 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News

Show your spirit this month for National School Lunch Week!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

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

### 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
3 Fluffy Pancakes With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	4 All Natural Beef Hot Dog On a Bun Tater Tots Fresh or Chilled Fruit	5 Crispy Chicken Nuggets Dinner Roll Golden Corn Fresh or Chilled Fruit	6 Baked Macaroni & Cheese Mini Corn Muffin Steamed Broccoli Fresh or Chilled Fruit	7 EMILIO'S PIZZA DAY Tossed Garden Salad Fresh or Chilled Fruit
10 Columbus Day  School Closed	11 Meatball Parm Sub Tossed garden Salad Fresh or Chilled Fruit	12 Crispy Chicken Tenders Buttered Noodles Golden Corn Fresh or Chilled Fruit	13 Hamburger or a Cheeseburger on a Bun Potato Chips Fresh or Chilled Fruit	14 EMILIO'S PIZZA DAY Tossed Garden Salad Fresh or Chilled Fruit
 <b>SHOW YOUR SPIRIT FOR NATIONAL SCHOOL LUNCH WEEK!</b> 				
17 French Toast With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit	18 Baked Cheese Ravioli Garlic Roll Green Beans Fresh or Chilled Fruit	19 Plain or Spicy Chicken Patty On a Bun Potato chips Fresh or Chilled Fruit	20 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	21 EMILIO'S PIZZA DAY Tossed Garden Salad Fresh or Chilled Fruit
24 Bacon, Egg, & Cheese on a Bagel Hash Brown Potato Farm Fresh Fruit 	25 Mini Pizza Bagels Cucumber Coins Fresh or Chilled Fruit	26 Pumpkin Day Crispy Chicken Nuggets Dinner Roll Golden Corn Fresh or Chilled Fruit Pumpkin Swirl Roll	27 "CHEF'S" Choice Day Fresh or Chilled Fruit	28 EMILIO'S PIZZA DAY Tossed garden Salad Fresh or Chilled Fruit
31 MONSTER Fluffy Pancakes With Syrup Hash Brown Potato Crispy Bacon Fresh or Chilled Fruit 	<b>CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH</b>   			



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"