



# St. Patrick Interparish 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.

<b>ALL MAIN EVENTS AND SWAP OUTS:</b>	Student Lunch	\$4.00
<b>Your meal comes with the choice of:</b>	Entrée Only	\$2.25
<b>Fruit and Vegetable</b>		
<b>Milk, or Water</b>	Adult Lunch	\$4.00

### Maschio's Swap Outs

- Monday:** Cheeseburger on a Bun
- Tuesday:** Pizza Slice
- Wednesday:** Hot Dog on a Bun
- Thursday:** Garden Salad with Dinner Roll
- Friday:** Assorted Cold Cereal Choice with Fruit, Vegetable, and Milk.

#### \*NEW SCHOOL POLICY\*

Until accounts are current, students with a negative balance of \$20.00 or more will be provided with the following:  
**-Bagel with butter and a cup for Water from the Fountain**

Please email any questions you may have to [dmazza@maschiofood.com](mailto:dmazza@maschiofood.com)

**MASCHIO'S MAIN EVENT**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Nacho Platter with</b> Tortilla Chips, Taco Meat, Shredded Cheddar Cheese, Lettuce, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>2</b> <b>Pasta Day with Meatballs</b> Garlic Bread Vegetable of the Day Fresh or Chilled Fruit	<b>3</b> <b>New Item!</b> <b>Sandwich Day</b> <b>Crispy Chicken BLT on a Bun</b> Tater Tots Fresh or Chilled Fruit	<b>4</b> <b>Personal Pan Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
<b>7</b> <b>Chicken Nuggets</b> Confetti Rice Steamed Carrots Fresh or Chilled Fruit	<b>8</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Brown Patty Fresh or Chilled Fruit	<b>9</b> <b>Lucky Tray Day</b> <b>Mini Pizza Bagels</b> Vegetable of the Day Fresh or Chilled Fruit	<b>10</b> <b>Corn Dog</b> Tater Tots Baked Beans Fresh or Chilled Fruit	<b>11</b> <b>Veterans Day</b> 🇺🇸  <b>School Closed</b>
<b>14</b> <b>Popcorn Chicken</b> Dinner Roll Steamed Corn Fresh or Chilled Fruit	<b>15</b> <b>Cheese Ravioli with Marinara Sauce</b> Bread Stick Vegetable of the Day Fresh or Chilled Fruit	<b>16</b> <b>All Natural Beef Hot Dog on a Bun</b> Fresh Veggie Dippers Spiral Fries Fresh or Chilled Fruit	<b>17</b> <b>Thanksgiving Dinner</b> <b>Roast Turkey with Gravy</b> Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit Chocolate Pudding	<b>18</b> <b>Stuffed Crust Cheese Pizza</b> Vegetable of the Day Fresh or Chilled Fruit
<b>21</b>  <b>School Closed</b>	<b>22</b>  <b>School Closed</b>	<b>23</b>  <b>School Closed</b>	<b>24</b>  <b>Happy Thanksgiving!</b> 	<b>25</b>
<b>28</b> <b>Chicken &amp; Waffles with Warm Syrup</b> Hash Brown Patty Fresh or Chilled Fruit	<b>29</b> <b>Hamburger or Cheeseburger on a Bun</b> Tater Tots Vegetable of the Day Fresh or Chilled Fruit	<b>30</b> <b>Macaroni and Cheese</b> Dinner Roll Vegetable of the Day Fresh or Chilled Fruit	<b>Try to fill at least half your plate with fruits and vegetables!</b> 	



**Side Salads, Veggie Dippers and Assorted Fresh Fruit Available Daily**



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

Questions or Concerns? Please visit [www.maschiofood.com](http://www.maschiofood.com)  
 Or contact Dawn Mazza at [dmazza@maschiofood.com](mailto:dmazza@maschiofood.com)

Pre-payment is available :  
 10 meals for \$40.00 / 20 meals for \$80.00  
**Please Make Checks Payable To:**  
 Maschio's Food Services, Inc.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"