

St. Patrick Interparish School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
Tuesday: Pizza Slice
Wednesday: Chicken Nuggets
Thursday: Hot Dog on a Bun
Friday: Cheeseburger on a Bun

SCHOOL CHARGE POLICY

Until accounts are current, students with a negative balance 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 jstonecypher@maschiofood.com

Connect with us!   



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY HOLIDAYS			1 Personal Pan Pizza French fries Fresh or Chilled Fruit
4 Spaghetti with Meat Sauce Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Cheese or Pepperoni Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Chicken Fried Rice French Fries Fresh or Chilled Fruit Fortune Cookie	12  Creamy Macaroni & Cheese Garlic bread stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Hashbrown Warm Cinnamon Apples	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Half Day No Lunch Served
18	19	20	21 First Day of Winter	22
Enjoy your Winter Break				
25	26	27	28	29
& Have a Happy New Year!				

Questions or Concerns?
 Please visit www.maschiofood.com
 Or contact Josh Stonecypher at jstonecypher@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"