



St. Patrick Interparish School

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

ALL MAIN EVENTS AND SWAP OUTS: Student Lunch \$4.00
 Your meal comes with the choice of:
Fruit and Vegetable Entrée Only \$2.25
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
	<i>Keep your heart happy by choosing healthy options!</i>		1 Super Bowl Celebration New Recipe! Boneless Chicken Wing Basket with Tater Tots & Warm Breadstick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 School Closed
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 Pasta with Meat Sauce Garlic Breadstick Corn Fresh or Chilled Fruit	7 Lucky Tray Day  Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Pepperoni Pizza Corn Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Hash Brown Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce Warm Garlic Breadstick Applesauce	15 Chinese New Year Celebration Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fortune Cookie	16 Pizza Green Beans Fresh or Chilled Fruit
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Freshly Prepared Green Beans Fresh or Chilled Fruit	21 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 Pizza Baked Fries Fresh or Chilled Fruit
26 Crispy Chicken BLT Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Black beans Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Hash Brown Fresh or Chilled Fruit		

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"