

St. Patrick Interparish School

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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 jstonecypner@maschiofood.com

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 School Closed	3 Chicken Fried Rice Sweet Peas Fortune Cookie Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meatballs Garlic Breadstick Sautéed Green Beans	5 Cheese Pizza Sweet Corn Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12  New Recipe! Recipe For Success Contest Winner Diana's Create Your Own Pizza Bagel Assorted Toppings Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 All-Natural Beef Hot Dog on a Bun Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 Turkey Sandwich With Bacon Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	19 Choice of Cheese Or Pepperoni Pizza French Fries Fresh or Chilled Fruit
22 Baked Penne With Meat Sauce Steamed Broccoli Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Half Day No Lunch Served	25 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 Personal Pan Pizza Hash Browns Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Hash Browns	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit		

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