

Nutrition News!

Heart Healthy Month



St. Patrick School

FEBRUARY 2012

LUNCH MENU

Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Happy 140th Birthday St. Patrick's</p>	<p>1 French Bread Pizza Baby Carrots w/Dip Low Fat Pudding Beverage</p>	<p>2 Lasagna Rollettes Fresh Green Salad Garlic Bread Fresh Fruit Cup Mini Cupcake</p>	<p>3 NO LUNCH WILL BE SERVED TODAY</p>
<p>6 Chicken Tenders w/Dip Mac & Cheese Chilled Fruit Cup Milk Choice</p>	<p>7 Hot Dog on s Bun w/Sauerkraut Curly Fries Chilled Fruit Cup Beverage</p>	<p>8 Pasta w/Meat Sauce Italian Bread Cucumber Dippers Fruit Cup Beverage</p>	<p>9 Lucky Tray Day! Egg & Cheese on a Bagel Hash Brown Potato Fresh Banana Beverage</p>	<p>10 Pizzeria Pizza Fresh Tossed Salad w/Dressing Chilled Fruit Cup Beverage</p>
<p>13 Hamburger or Cheeseburger on a Bun Crinkle Cut Fries Pickle Chips Chilled Fruit Cup</p>	<p>14 "Heart Healthy" Grilled Chicken on a Multi Grain Roll Veggie Sticks w/Dip Fresh Red Apple Beverage</p>	<p>15 Mozzarella Sticks w/Marinara Sauce Italian Bread Caesar Salad w/Croutons Beverage</p>	<p>16 Bagel Bag Day Fresh Bagel, Cheese, Veggie Sticks Fresh Apple, Beverage Beverage</p>	<p>17 Pizzeria Pizza Fresh Garden Salad w/Dressing Low Fat Pudding Beverage</p>
<p>20 SCHOOL CLOSED</p> <p>PRESIDENTS' DAY</p>	<p>21 Chicken Nuggets & Roll Mashed Potatoes Sweet Corn Fresh Brownie Beverage</p>	<p>22 Grilled Cheese Sandwich Vegetable Soup w/ Crackers Chilled Fruit Cup Beverage</p>	<p>23 Twin Tacos w/Meat Cheese, Lettuce & Salsa, Rice Pineapple Cup Beverage</p>	<p>24 Tuna Salad Hero Baby Carrots w/Dip Chilled Fruit Cup Beverage</p>
<p>27 Popcorn Chicken w/Dip & Roll Buttered Noodles Sweet Corn, Fruit Cup Beverage</p>	<p>28 French Toast Sticks Sausage Links Hash Brown Potato Fresh Banana Beverage</p>	<p>29 Lucky Tray Day! Baked Ziti Italian Bread Caesar Salad w/Croutons Chilled Fruit Cup Beverage</p>	<p>Fruit Of the Month Banana</p>	<p>Happy Valentine's Day</p>

Complete Lunch \$3.50

"SIDEKICKS"

Entrée Only	\$3.00
Extra Slice Pizza	\$2.25
Milk	\$.50
Fresh Fruit	\$.60
Baked Chips	\$.65
Ice Cream	\$1.00
J&J Hot Pretzel	\$.75
Spring Water	\$.50/\$1.00
Snapple-100% Juice	\$1.50
Snapple	\$1.25
Yogurt	\$.75

"SALAD SUPREME"

\$3.50

Prepared Fresh Daily, Chicken Caesar Salad includes fruit with choice of milk or water
* Chicken Caesar Salad will not be served on Ash Wednesday & Fridays during Lent*

BAGEL BAG \$3.50

Fresh Plain Bagel
Cheese Stick, Fresh Vegetables, Fruit
Milk or Water



Choice of flavored or unflavored, low fat milk or 8 oz. Spring Water with all meals

Prepaid Meal Cards available in the cafeteria

10 meals \$35.00
20 meals \$70.00

MENU SUBJECT TO CHANGE

www.maschiofood.com

