

St. Elizabeth Seton Catholic School

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

ALL MAIN EVENTS AND SWAP OUTS: Student Lunch \$4.00
 Your meal comes with the choice of: Entrée Only \$3.00
 Fruit and Vegetable
 Milk, or Water Adult Lunch \$4.00

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
Tuesday: Cheeseburger on a Bun
Wednesday: Ham, Turkey, and Cheese on a Bun
Thursday: Mozzarella Sticks with Marinara Sauce
Friday: Chef Salad with Dinner roll

Maschio's Swap Outs Available Daily

Bagel Meal– Bagel with spread, Cheese Sticks, Fresh Fruit, Fresh Vegetable and Beverage
Chicken Caesar Salad with Dinner Roll

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

Monday	Tuesday	Wednesday	Thursday	Friday
 Try to fill at least half your plate with fruits and vegetables!		1 Crispy Chicken Sandwich On a Bun Green Beans Fresh or Chilled Fruit	2 National Sandwich Day Turkey Club with Turkey, Bacon, Lettuce & Tomatoes Chicken Noodle Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 8 Meatball Sandwich Freshly Prepared Caesar Salad Fresh or Chilled Fruit	9 Personal Pan Pizza French Fries Fresh or Chilled Fruit	10 School Closed
13 Crispy Chicken Sandwich French Fries Fresh or Chilled Fruit	14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Black Beans Corn Fresh or Chilled Fruit	15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	17 NO Lunch
20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	21 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Dinner Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	22 School Closed	23 School Closed <div style="text-align: center;">  Happy Thanksgiving! </div>	24 <div style="text-align: center;">  </div>
27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Black Beans Fresh or Chilled Fruit	30 Philly Cheesesteak Hero French Fries Mixed berry Applesauce	

Questions or Concerns? Please visit www.maschiofood.com

Cash, checks, and online payment are accepted.
 Online payments can be made at **www.payforit.net**
 Please make checks payable to: **Maschio's Food Services, Inc.**



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