

St. Elizabeth Seton Catholic 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 \$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

Connect with us!   



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
|  | HAPPY HOLIDAYS | | | |
| 4 Popcorn Chicken Bread Stick 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 Pizza Slice Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 11 Crispy Chicken Sandwich French Fries Fresh or Chilled Fruit | 12 Lucky Tray Day Creamy Macaroni & Cheese Garlic Bread Stick Fresh Celery Dippers Fresh or Chilled Fruit | 13 Breakfast For Lunch Pancakes Sausages Hash Browns Warm Cinnamon Apples | 14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit | 15 No Lunch |
| 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 call Maschio's Food Services at: 386-445-2411

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.



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"