

St. Elizabeth Seton Catholic 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:
 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: Hot Dog
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
	<i>Keep your heart happy by choosing healthy options!</i>		1 Super Bowl Celebration New Recipe! Boneless Chicken Basket with Hash-brown & Soft Breadstick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 Early Dismissal No Lunch
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 All-Natural Beef Hot Dog on a Bun Baked Beans 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 Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sautéed Broccoli Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Hashbrown Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Marinara Sauce Warm Garlic Breadstick Freshly Prepared Salad	15 Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	16 No School
19 President's Day School Closed	20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap Mashed Potato's Fresh or Chilled Fruit	21 Baked Ziti Garlic Breadstick Fresh Veggie Dippers Fresh or Chilled Fruit	22 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken BLT on a Bun 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 Southwestern Corn Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Hashbrown Fresh or Chilled Fruit		

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"