

St. Elizabeth Seton

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 \$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
1 New Year's Day School Closed	2 School Closed	3 Corn Dog Mini's Mashed Potato's Fresh or Chilled Fruit	4 National Spaghetti Day Penne with Meatballs Garlic Breadstick Steamed Broccoli	5 Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Chicken Fried Rice Fortune cookies Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Black Beans Fresh or Chilled Fruit	10 Breakfast For Lunch Waffles 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 House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16  Lucky Tray Day SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Chicken Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad 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 Winter Picnic BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Chicken Nuggets breadsticks Carrots Fresh or Chilled Fruit	26 Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread 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



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