

St. Elizabeth Seton Catholic School

April 2018
Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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
2	3	4	5	6
 Spring Recess! School Closed				
9 Hot Dog Green beans Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 Creamy Mac & Cheese Soft Pretzel Stick Broccoli Fresh or Chilled Fruit	12 Turkey with Gravy Garlic Breadstick Mashed Potatoes Fresh or Chilled Fruit	13 Cheese or Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Breakfast for Lunch Cinnamon French Toast Sticks Breakfast Sausages Hash Brown Fresh or Chilled Fruit	18 Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Cheese or Pepperoni Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week				
23 Corn Dog Nuggets Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24  Philly Cheesesteak Hero French Fries Fresh or Chilled Fruit	25 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 National Pretzel Day Ham & Cheese Melt on a Bun French Fries Fresh or Chilled Fruit	27 Cheese or Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
30 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli 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

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"