



Sacred Heart School

September 2017 Lunch Menu

Farm Fresh Produce will be available from September 25th through the 29th.
Local produce decreases the food miles from the farm to your cafeteria.
Local fruits and vegetables are in season and taste great!

SIDEKICKS	
Milk	\$0.50
Lemonade	\$0.50
Spring Water 8oz	\$0.50
Soup w/ Crackers	\$1.50
Baked Cookie	\$0.50
Baked Chips	\$0.75
Rice Krispy Treat	\$0.25
Fresh Fruit	\$0.75
Fruit Cup or Fruit Juice	\$0.50

Student Lunch \$3.50
 Adult Lunch \$4.00

Beverage Choice:

Your Meal Comes with the
 Choice of:
 Flavored/Unflavored
 Low Fat Milk,
 Iced Tea, or Water

Maschio's Swap Outs

Monday: Grilled Chicken Sandwich
Tuesday: Ham and Cheese Wrap
Wednesday: Turkey, Cheese, and Bacon Sandwich
Thursday: Chicken Caesar Wrap
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Grilled Chicken Caesar Salad with
 a Dinner Roll
 Chef Salad with a Dinner Roll

Monday	Tuesday	Wednesday	Thursday	Friday
28 Welcome Back! Crispy Chicken Tenders Buttered Noodles Carrots Fruit	29 Meatball Parm Sandwich Curly Fries Fresh or Chilled Fruit	30 Breakfast for Lunch Sausage, egg, and Cheese Sandwich Hash Brown Fresh or Chilled Fruit	31 Cheeseburger on a Bun Lettuce, Tomato Fresh or Chilled Fruit Pudding cup	1 School Closed
4 Labor Day School Closed	5 Hot Dog on a Bun Tater Tots Veggie Dippers Fresh or Chilled Fruit	6 Buttered Pierogies Green Beans Dinner Roll Fresh or Chilled Fruit	7 Chicken Patty Sandwich on a Bun Lettuce, Tomato Snack Bag Fresh or Chilled Fruit	8 Georgio's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 Pasta with Marinara Sauce Italian Bread Sweet Peas Fresh or Chilled Fruit	12 Taco Tuesday Walking Taco with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Churro Fresh or Chilled Fruit	13 Lucky Tray Day BBQ Rib Sandwich on a Bun Curly Fries Veggie Dippers Fresh or Chilled Fruit	14 Macaroni and Cheese Carrot s Dinner Roll Fresh or Chilled Fruit	15 Georgio's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
18 Breakfast for Lunch Cheese Omelette Bacon Hash Brown Fresh or Chilled Fruit	19 Baked Meatloaf Mashed Potatoes Sweet Corn Gravy Fresh or Chilled Fruit	20 Popcorn Chicken Buttered Noodles Sweet Peas Fresh or Chilled Fruit	21 Hot Ham and Cheese on a Croissant Potato Smiles Fresh or Chilled Fruit	22 Georgio's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
25 Grilled Cheese Sandwich Pickles Tater Tots Fresh or Chilled Fruit	26 Johnny Appleseed Day Mini Corn Dogs Rice Pilaf Green Beans Locally Grown Apple	27 Breakfast for Lunch French Toast Sausage Hash Brown Fresh or Chilled Fruit	28 Chicken Tenders Mashed Potatoes Carrots Fresh or Chilled Fruit	29 Georgio's Cheese Pizza Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit



Farm to School Week

Connect with us!



Questions or Concerns?

Please Visit www.MaschioFood.com
 or Call Maschio's Food Services at: 610-373-3316



MENU SUBJECT
TO CHANGE

"This institution is an equal opportunity provider"