

Sacred Heart School

March 2019

Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!

- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!

- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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
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 ,

Water

Maschio's Swap Outs

Monday: Popcorn Chicken

Tuesday: Hot Ham and Cheese

Wednesday: Turkey, Cheese, and Bacon
Sandwich

Thursday: Cheeseburger

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



4
Pierogies
Sweet Peas
Dinner Roll
Fresh or Chilled Fruit

11
Hot Dog on a Bun
Curly Fries
Fresh or Chilled Fruit
Pickles

18 *Lucky Tray Day*
Cheeseburger on a Bun
Emoticon Fries
Lettuce, Tomato
Fresh or Chilled Fruit

25
Grilled Cheese Sandwich
Cup of Soup
Fresh or Chilled Fruit

Tuesday

Happy Spring!



5
Cheesesteak Sandwich
French Fries
Fresh or Chilled Fruit

12
Pizza Crunchers
Celery Dippers
Fresh or Chilled Fruit
Pudding Cup

19 *Taco Tuesday*
Walking Tacos with
Taco Meat, Shredded
Cheddar Cheese,
Lettuce, Tomato &
Salsa
Fruit
Steamed Corn

26
Chicken Fries
Mashed Potatoes
Sweet Peas
Fresh or Chilled Fruit

Wednesday

6
Egg and Cheese Sandwich
Hash Browns
Fresh or Chilled Fruit

13
Chicken Patty Sandwich
Lettuce, Tomato
Bagged Snack
Fresh or Chilled Fruit

20
Pasta with Marinara Sauce
Italian Bread
Roasted Carrots
Fresh or Chilled Fruit

27
Penne Pasta Chicken Alfredo
Broccoli
Italian Bread
Fresh or Chilled Fruit

Thursday

7
Chicken Tenders
Mashed Potatoes
Sweet Corn
Fresh or Chilled Fruit

14
Macaroni and Cheese
Roasted Carrots
Dinner Roll
Fresh or Chilled Fruit

21
Meatball Parm Sandwich
Potato Salad
fruit

28
Georgio's Cheese Pizza
Freshly Prepared
Veggie Dippers
Fresh or Chilled Fruit
Pudding Cup

Friday

1
Georgio's Cheese Pizza
Garden Salad
Fruit

Dr. Seuss' Birthday
Read Across America

8
Half Day
No Lunch Served

15
Georgio's Cheese Pizza
Freshly Prepared
Garden Salad
Fruit Cups

22
Georgio's Cheese Pizza
Freshly Prepared
Caesar Salad
Fresh or Chilled Fruit

29
Half Day
No Lunch Served

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

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"