

Sacred Heart School

**April 2019
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!

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,
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	Tuesday	Wednesday	Thursday	Friday
1 Baked Pierogies Green Beans Dinner Roll Fresh or Chilled Fruit	2 Breakfast for Lunch French Toast Breakfast Sausages Hash Brown Fresh or Chilled Fruit	3 Hot Dog on a Bun Tater Tots Fresh or Chilled Fruit	4 Macaroni and Cheese Carrots Italian Bread Fresh or Chilled Fruit	5 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
8 Meatball Parm Sandwich Sweet Potato Fries Fresh or Chilled Fruit	9 Walking Taco with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Chruuro Fresh or Chilled Fruit	10 Chicken Patty Sandwich Lettuce, Tomato Bagged Snack Fresh or Chilled Fruit	11 Pasta with Maranara Sauce Sweet Peas Italian Bread Fresh or Chilled Fruit	12 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
15 Pizza Crunchers Curly Fries Veggie Dippers Fresh or Chilled Fruit	16 Cheeseburger on a Bun Lettuce, Tomatoes French Fries Fresh or Chilled Fruit	17 Noon Dismissal No Lunch Served	18 School Closed	19 School Closed
22 School Closed	23 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	24 Pasta Alfredo with Chicken and Broccoli Dinner Roll Fresh or Chilled Fruit	25 Breakfast for Lunch Bacon, Egg, and Cheese Sandwich Hash Brown Fresh or Chilled Fruit	26 Cheese Pizza Veggie Dippers Pudding Cup Fresh or Chilled Fruit
29 Grilled Cheese Sandwich Tater Tots Fresh or Chilled Fruit Pickles	30 Chicken Fries Buttered Noodles Green Beans Fresh or Chilled Fruit			

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.

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