



St. Joseph's Academy

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Student Lunch	\$3.75
Entrée a la Carte	\$2.50
Salad Platter	\$3.50
Teacher's Lunch	\$4.25

"SIDEKICKS"

Large Cookie	\$1.00
Fresh Fruit	\$0.75
Ice Cream	\$1.00-\$1.25
Assorted Chips	\$1.00
Soup	\$1.00
Warm Pretzel	\$1.00
Churro	\$1.00

Maschio's Swap Outs Available Daily

Bagel with Yogurt Meal
PB & J Sandwich Bag
Personal Pizza
Cereal with Yogurt Meal
Crispy Chicken Caesar

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	2 Half Day No Lunch Served
5 Crispy Chicken Sandwich With Lettuce & Tomato Fresh or Chilled Fruit	6 All-Natural Beef Hot Dog on a Bun Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	7 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Breakfast for Lunch Bacon, Egg & Cheese Sandwich Hash Browns Fresh or Chilled Fruit	9 Class Lunch
12 Chicken Fries Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Marinara Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges	16 School Closed
19 President's Day School Closed	20 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	21 New Item! Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	22 All-Natural Beef Hot Dog on a Bun French Fries Fresh Veggie Dippers Fresh or Chilled Fruit	23 Class Lunch
26 Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	27 National Tortilla Chip Day Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce & Salsa Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit		

Beverage Choice:

Your Meal Comes with the Choice of: Flavored/Unflavored Low Fat Milk, 100% Fruit Juice, or Water

Lunch Tickets are available in the cafeteria:

10 for \$37.50 / 20 for \$75.00

Please Make Checks Payable To: Maschio's Food Services

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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