



St. Joseph's Academy

March 2018 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.

Student Lunch	\$3.75
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
			1 Assorted Chicken Day Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	2 Half Day No Lunch Served Dr. Seuss' Birthday Read Across America
5 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Chicken Fries Mashed Potatoes Mixed Vegetables Fresh or Chilled Fruit	8 Breakfast for Lunch Sausage, Egg, & Cheese on a Roll Battered French Fries Fresh or Chilled Fruit	9 Class Lunch
 National School Breakfast Week				
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	13 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Chicken Tender Basket Crinkle Cut Fries Pretzel Stick Fresh or Chilled Fruit	15 All Natural All Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	16 Class Lunch
19 Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit	20 Spring Picnic All Beef Hot Dog on a Bun Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Popcorn Chicken Oven Baked Fries Fresh or Chilled Fruit	22 Breakfast for Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	23 School Closed
26 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Mixed Vegetables Fresh or Chilled Fruit	28 Personal Pan Pizza Side Garden Salad Fresh or Chilled Fruit	29 Half Day No Lunch Served	30 School Closed

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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