



ST. ROSE of LIMA ACADEMY

Maschio's Food Services, Inc.

MARCH LUNCH 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Burger Choice on a Bun Mashed Potatoes Fresh Red Apple Beverage Selection	2 One Fish Chicken Nuggets w/Roll Two Fish Potatoes Red Fish Fruit Cup Blue Fish Beverage	3 Sweet & Sour Chicken Stir Fry Vegetables Fortune Cookies Beverage Selection	4 La Strada Pizza Cucumber Slices w/Dip Fruit Choice Beverage Selection	5 12:15 DISMISSAL NO LUNCH SERVICE
8  Pizza Bagel w/Side Vegetable Assorted Fruit Choice Beverage Selection	9 Waffle Sticks (3) w/Syrup Bacon Strips (2) Fruit Cup Beverage Selection	10 Taco Wrap w/ Cheese & Salsa Steamed Rice Fruit Selection Beverage Selection	11  La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection	12 Pasta w/Roll Mixed Greens Fruit Cup Beverage Selection 
15 Pizza Burger on a Roll Mixed Vegetables Red Apples Beverage Selection	16  Foot Long Hot Dog on a Bun Tater Tots Fruit Choice Beverage Selection	17 <u>St. Patrick's Day</u>  Mc Chicken Wrap Green Peppers w/Dip Green Apple Beverage Selection	18  La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection	19 Grilled Cheese Sandwich Tomato Soup Fruit Cup Beverage Selection
22 Chicken Patty on a Bun Buttered Noodles Carrot Sticks Assorted Fruit Cup Beverage Selection	23 Mac & Cheese w/Roll Side Vegetable Mixed Fruit Cup Beverage Selection	24 Cheeseburger on a Bun Sweet Potato Fries Fruit Choice Beverage Selection 	25  La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection	26 Breakfast Mix Up Waffle & French Toast w/Syrup & Bacon Applesauce & Raisins Beverage Selection
29 Mozzarella Sticks w/Sauce & Roll Mixed Greens Fruit Cup Beverage Selection	30  Popcorn Chicken w/Buttered Noodles Golden Corn Fruit Cup Beverage Selection	31 Meat Ball Hero Mixed Green Salad Fresh Apple Beverage Selection	Featured Fruit & Veggie Of the Month: Raisins & Mixed Greens	
Our lunch menus meet or exceed the USDA Guidelines for child Nutrition lunch programs				

Complete Lunch
\$3.00

"SIDEKICKS"

- Extra Entrée.....\$1.75
- Milk.....\$0.60
- Fruit Juice.....\$0.50
- Fresh Fruit.....\$0.75
- Baked Chips.....\$0.75
- Ice Cream.....\$0.75-\$1.25
- Spring Water.....\$0.50
- Snapple.....\$1.00
- Baked Cookie (small).....\$0.50
- Baked Cookie (large).....\$1.00
- Flavored Water.....\$1.00
- Soup w/Crackers.....\$1.00

SERVED DAILY AS AN
ALTERNATE LUNCH in PLACE of a HOT ENTRÉE

\$3.00

Grilled Chicken Caesar Salad w/Garden Greens, Fruit and Beverage Choice

-or-

Grilled Chicken Wrap w/Lettuce, Fruit and Beverage Choice

-or-

Bagel Bag w/Gogurt Stick or Polly-o Cheese Stick, Fruit and Beverage Choice

Protein Salad w/garden greens, egg, cheese & beans available on Friday during Lenten season

Beverage choices include:
Low Fat chocolate milk, 1% & skim milk, 8 oz. water or 4 oz. 100% fruit juice cup

MENU SUBJECT TO CHANGE

LUNCH TICKETS

are available in the Cafeteria. 10 meals \$30.00/20 \$60.00. Please make all checks payable to:

MASCHIO'S FOOD SERVICE

GET ENERGIZED
WITH SCHOOL MEALS!

LA STRADA
PIZZA
served weekly
w/side
vegetable, fruit
& beverage

