



# Holy Family School

Healthy Meals Grow Healthy Kids!

NOVEMBER 2011

LUNCH

Maschio's Food Services, Inc.

"Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs."

www.maschiofood.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>November Cafe News!</b> It is National Apple Month! Look for lots of FRESH APPLES In the café</p>	<p>1 <i>Nacho Platter w/Beef, Salsa, Cheese, Fluffy Rice Mexicali Corn Fruit Cup Cold Beverage</i></p>	<p>2 <b>Nat'l Apple Month</b> <i>French Toast Sticks w/ Sausage &amp; Syrup Hash Brown Potato Fresh Apple Cold Beverage</i></p>	<p>3 <b>Nat'l Sandwich Day</b> <i>BBQ Rib Hero Oven Baked Fries Cucumbers Slices Orange Slices Cold Beverage</i></p>	<p>4 <i>Pizza Sticks w/ Marinara Sauce Hearty Vegetable Soup Assorted Fruit Cold Beverage</i></p>
<p>7 <i>Popcorn Chicken Wheat Roll Mashed Potato/Gravy Fresh Apple Cold Beverage</i></p>	<p>8 <i>Creamy Mac &amp; Cheese Diced Ham Whole Grain Roll Cucumber Slices Fresh Apple</i></p>	<p>9 <b>Lucky Tray Day</b> <i>All Beef Hot Dog On a Bun Oven Baked Fries Chilled Fruit Cup Cold Beverage</i></p>	<p>10 <i>Hamburger or Cheeseburger on a Bun w/ Pickle Beefy Salsa Soup Chilled Fruit Cup Cold Beverage</i></p>	<p>11 <b>Veteran's Day</b> <i>PJ's Pizzeria Slice Cucumber &amp; Tomato Salad Assorted Fruit Cold Beverage</i></p>
<p>14 <i>Chicken Patty on a Bun (Plain or Buffalo Style) Sweet and Crinkle Fries Fresh Fruit Cold Beverage</i></p>	<p>15 <i>Meatball Parmesan Hero Hearty Vegetable Soup Orange Slices Cold Beverage</i></p>	<p>16 <i>Mozzarella Sticks w/ Marinara Sauce Wheat Roll Side Salad Fresh Apple Cold Beverage</i></p>	<p>17 <b>Thanksgiving Feast</b> <i>Turkey and Stuffing Mashed Potato/Gravy Cranberry Sauce Pumpkin Whip Cold Beverage</i></p>	<p>18 <i>Stuffed Crust Pizza Spinach &amp; Romaine Salad Assorted Fruit Cold Beverage</i></p>
<p>21 <i>Chicken Nuggets Buttered Noodles Carrot Sticks Fruit Cold Beverage</i></p>	<p>22 <i>PJ's Pizzeria Slice Fresh Garden Salad Assorted Fruit Cold Beverage</i></p>	<p>23 1/2 Day No Lunch Served</p>	<p><b>Happy Thanksgiving</b></p>	
<p>28 <b>Lucky Tray Day</b> <i>Baked Ziti &amp; Meatballs Garlic Bread Tossed Salad Fresh Apple Cold Beverage</i></p>	<p>29. <i>Philly Steak Hero w/ OR w/o Cheese Curly Fries Fruit Cup Cold Beverage</i></p>	<p>30 1/2 Day No Lunch Served</p>	<p><b>National Sandwich Day Contest</b> Everyone buying lunch on Thursday 11/3 will get a ticket. The winning ticket will choose their favorite Hot or Cold sandwich to be named after them for the rest of the school year! <b>GOOD LUCK!!!</b></p>	

Student Lunch	\$ 3.25
Adult Lunch	\$3.75
Entrée	\$2.75
Extra Entrée w/ Lunch	\$ 1.75
<b>"SIDEKICKS"</b>	
Milk/Spring Water/ Ice Tea	\$.50
Lemonade	\$.75
Fresh Fruit	\$.50
Baked Chips	\$.65
Ice Cream	\$.75-\$1.50
Baked Cookie	\$.35-\$1.00
J&J Hot Pretzel	\$.60
Yogurt	\$.75
Funnel Cake/Churro	\$.75
Cinnamon Roll	\$.75
Nachos & Cheese	\$.75
Snapple-100% Juice	\$1.25
Soup	\$.75
Carrot Snack Pack	\$.50

Menu Subject To Change

**DAILY "SALAD SUPREME"**  
\$ 3.25  
(served with bread, fruit & choice of milk)

**Chicken Caesar Salad**  
Or  
**Veggie Salad Platter**  
Fresh Vegetables & Cheese  
Choice of Dressings

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**Veggie Connection:**  
Side Salad  
or  
Fresh Vegetable Sticks  
available daily with all meals

**"SANDWICH STACKERS"**  
\$3.25  
Assorted Sandwiches and Wraps available in place of Hot Lunch Entrée.

Monday: Bagel Bag Meal  
Tuesday: Italian Sub  
Wed.: Turkey & Bacon Club Wrap  
Thursday: Deli Chef Salad  
Friday: Tuna Salad on Wheat

Choice of flavored or unflavored low fat milk, 100% fruit juice or spring water

**Healthy Kids EXPRESS**  
**BAG MEAL LUNCH**  
\$3.25  
Fresh Sliced Bagel  
Mozzarella String Cheese Stick  
Vegetable Sticks, Fruit & Beverage  
AVAILABLE MONDAYS

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Lunch Tickets Available  
ANY 10 Meals for \$32.50  
ANY 20 Meals for 65.00  
Make checks payable to:  
**MASCHIO'S FOOD SERVICES**  
Please include student's name & grade