



Holy Family School

Maschio's Food Services, Inc.

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

SEPTEMBER 2011
LUNCH

www.maschiofood.com

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition News THE WEEK OF SEPTEMBER 26th-30th IS JERSEY FRESH FARM TO SCHOOL WEEK!	LOOK FOR THE SYMBOL JERSEY FRESH NEXT TO LOCAL FARM FRESH PRODUCE!	America on the Move Make at least half your grains Whole Grains! 	FRUIT & VEGETABLE OF THE MONTH PEACHES GREEN BEANS 	
5 NO SCHOOL TODAY Labor Day	6 NO SCHOOL TODAY 	7 1/2 DAY NO LUNCH 	8 WELCOME BACK! Chicken Nuggets Wheat Roll Macaroni Salad Carrot Sticks Fresh Apple Milk Choice	9 Pizza Sticks w/ Marinara Sauce Spinach & Romaine Salad Assorted Fruit Milk Choice
12 BREAKFAST FOR LUNCH French Toast Sticks w/ Sausage & Syrup Hash Brown Potato Orange Slices Milk Choice	13 Chicken Tenders Whole Wheat Roll Vegetable Pasta Salad w/ Fresh Basil Chilled Peaches Milk Choice 	14 LUCKY TRAY DAY Baked Ziti w/ Meatballs Garlic Bread Cucumber Slices w/Dip Orange Wedges Milk Choice	15 Nacho Platter w/Beef, Salsa, Cheese, Lettuce & Tomato Fluffy Rice Mexicali Corn Fruit Cup Milk Choice	16 Pizzeria Pizza Slice Fresh Vegetable Sticks Fresh Garden Salad Assorted Fruit Milk Choice
19 Hamburger or Cheeseburger on a Bun w/ Pickle Oven Baked Fries Frozen Juice bar Milk Choice 	20 Mozzarella Stix w/ Marinara Sauce Wheat Roll Garden Salad Chilled Applesauce Milk Choice	21 America on the Move Chicken Patty on a Bun (Plain or Buffalo Style) On Whole Grain Bun Zucchini Sticks w/ Dip Fresh Pear Milk Choice	22 LUCKY TRAY DAY Creamy Mac & Cheese Diced Ham Whole Grain Roll Cucumber Slices Fresh Apple Milk Choice 	23 Stuffed Crust Pizza Spinach & Romaine Salad Assorted Fruit Milk Choice
26 JERSEY Popcorn Chicken Whole Wheat Roll Roasted Red Potatoes Fresh Peach Milk Choice 	27 FRESH Grilled Cheese Sandwich Home-style ColeSlaw Tomato Soup Chilled Pears Milk Choice	28 FARM TO Waffle Sticks w/ Syrup & Sausage Breakfast Potato Farm Fresh Apple Milk Choice 	29 SCHOOL All Beef Frank On a Bun Oven Baked Fries Fresh Pepper Sticks Mixed Fruit Cup Milk Choice 	30 WEEK Pizzeria Pizza Slice Cucumber & Tomato Salad Assorted Fresh Fruit Milk Choice

Student Lunch	\$ 3.25
Adult Lunch	\$3.75
Entrée	\$2.75
Extra Entrée w/ Lunch	\$1.75
"SIDEKICKS"	
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

Grilled Chicken

Or

Veggie Salad Platter

Fresh Vegetables & Cheese

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

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