



HOLY GUARDIAN ANGELS REGIONAL SCHOOL



Maschio's Food Services, Inc.

FEBRUARY 2012

Healthy Meals Grow Healthy Kids!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Healthy Heart Month</p> 	<p>"SUPER BOWL"</p> 	<p>1 Chicken Nuggets w/Mashed Potatoes Dinner Roll Sweet Golden Corn Chilled Fruit Beverage Choice</p>	<p>2 Faculty Lunch Only No student lunch served</p>	<p>3 Cheese Pizza Fresh Garden Salad Chilled Fruit Beverage Choice</p>
<p>6 Cheese Ravioli w/Crispy Garlic Bread Tossed Salad Chilled Fruit Beverage Choice</p>	<p>7 Beef Nachos w/Cheese Seasoned Rice Chilled Fruit Beverage Choice</p> 	<p>8 Cinnamon Swirl French Toast w/Sausage Patty Hash Brown Chilled Fruit Beverage Choice</p> 	<p>9 Chicken Tenders w/Buttered Noodles Seasoned Veggies Chilled Fruit Beverage Choice</p>	<p>10 Cheese Pizza Fresh Garden Salad Chilled Fruit Beverage Choice</p> 
<p>13 Lasagna Rollettes w/Crispy Garlic Bread Tossed Salad Chilled Fruit Beverage Choice</p>	<p>14 "Valentine's Day" Cookie Baking Brown Bag Lunch PB & J or Fresh Bagel</p> 	<p>15 Egg, Sausage & Cheese on a Bagel w/Hash Brown Chilled Fruit Beverage Choice</p>	<p>16 Breaded Chicken Patty w/Buttered Noodles Garden Green Beans Chilled Fruit Beverage Choice</p>	<p>17 Cheese Pizza Fresh Garden Salad Chilled Fruit Beverage Choice</p>
<p>20 PRESIDENT'S DAY</p>	<p>21 Pasta w/Meatballs Crispy Garlic Bread Tossed Salad Chilled Fruit Beverage Choice</p> 	<p>22 "Ash Wednesday" Grilled Cheese Sandwich w/ Soup of the Day Crackers Chilled Fruit Beverage Choice</p> 	<p>23 Cheeseburger on a Bun Baked Fries Crispy Pickle Chilled Fruit Beverage Choice</p> 	<p>24 Cheese Pizza Fresh Garden Salad Chilled Fruit Beverage Choice</p>
<p>27 Breaded Chicken w/Mashed Potatoes Seasoned Veggies Dinner Roll Chilled Fruit Beverage Choice</p>	<p>28 Hot Dog on a Bun w/Baked Chips Mandarin Oranges Beverage Choice</p> 	<p>29 Creamy Baked Mac ~ n ~ Cheese w/Seasoned Veggies Corn Muffin Chilled Fruit Beverage Choice</p>	<p>"5" A DAY FOR BETTER HEALTH</p> 	

Student Lunch \$ 2.75
Entrée \$ 2.00

"SIDEKICKS"

Milk \$.50
Iced Tea \$.50
Fresh Fruit \$.50
Baked Chips \$.60
Ice Cream \$.75/1.25
Baked Cookie \$.35
Hot Pretzel \$.55
Flavored Water \$1.00
Spring Water \$.50/1.00
Juice Pak 100% \$.75
Yogurt \$.75

VEGGIE CONNECTION

Baby Carrots
OR
Tossed Salad Cup

Available with all meals.



Healthy Kids EXPRESS

www.maschiofood.com

SANDWICH LUNCH
\$2.75

Assorted Sandwiches & Wraps
Available in place of Hot Lunch Entrée.

Monday: Bagel Bag
Tuesday: Egg Salad Sandwich on Wheat
Wednesday: Chicken Caesar Wrap
Thursday: Italian Sub
Friday: Tuna Salad on Roll

Peanut Butter & Jelly on Wheat is available everyday as an alternate sandwich.

Choice of flavored or unflavored, low fat milk, spring water or iced tea with all meals.



Lunch Tickets available in the cafeteria:
20 meals- \$55.00

MENU SUBJECT TO CHANGE

Get Energized with School Meals!

