



Academy of Our Lady of Grace Pre-K

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

Beverage Choice:

Student Lunch \$3.25
Entrée a la Carte \$2.00

Your Meal Comes w/ the Choice of:
Flavored/Unflavored
Low Fat Milk ,
100% Fruit Juice, or Water

Maschio's Swap Outs

Monday: Chicken Caesar Salad
Tuesday: Breaded Chicken Sandwich
Wednesday: Turkey and Cheese Sandwich
Thursday: Ham and Cheese Sandwich
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Yogurt Bag
Bagel Bag

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Pizzeria Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	2 Half Day No Lunch Served
5 Meatless Monday Creamy Mac & Cheese Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 Popcorn Chicken Dinner Roll Sweet Potato Tots Fresh or Chilled Fruit	7 Pasta with Meat Sauce Breadstick Vegetable Medley Fresh or Chilled Fruit	8  Fajita Chicken Bowl Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Dinner Roll Southwestern Corn Fresh or Chilled Fruit	9 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Nuggets Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 Valentine's Day Grilled Cheese Tomato Soup Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Chinese New Year Celebration Popcorn Chicken with Rice Steamed Broccoli Mandarin Oranges Fortune Cookie	16 Pizzeria Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 School Closed	21 School Closed	22 Popcorn Chicken Warm Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	23 Pizzeria Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Chicken Nuggets Dinner Roll Fresh Cucumber Coins Fresh or Chilled Fruit	27 Creamy Mac & Cheese Soft Pretzel Stick Steamed Corn Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit		

Connect with us!   

Please use your weekly envelopes to order lunch.
Make Checks Payable to: **Maschio's Food Services, Inc.**

Questions or Concerns?
Please Visit www.MaschioFood.com
or Email Maschio's Food Manager at lunch@aolgfairview.org

MENU SUBJECT TO CHANGE


Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"