

Academy of Our Lady of Grace

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!

SIDEKICKS

- Soup w/ Crackers \$1.00
- Small Cookie \$0.50
- Fresh Fruit \$0.75
- Ice Cream \$1.00 to \$1.50
- Assorted Chips \$0.75
- Warm Pretzel \$1.00

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

Beverage Choice:

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 New York Style 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 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce Sweet Potato Tots Fresh or Chilled Fruit	7 Lucky Tray Day Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips 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 Sweet & Sour 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 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit	27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Southwestern Slaw 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



"This institution is an equal opportunity provider"