

Academy of Our Lady of Grace

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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
1 New Year's Day School Closed	2 Popcorn Chicken Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	5 Half Day No Lunch Served
8 Chicken Nuggets Mashed Potatoes with Gravy Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Pizzeria Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16  Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	17  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	18 Chicken Parm Over Pasta with Marinara Sauce Roasted Vegetables Fresh or Chilled Fruit	19 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Celery Sticks Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Pasta with Meat Sauce Warm Garlic Breadstick Sautéed Broccoli Fresh or Chilled Fruit	26 Pizzeria Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread 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



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Food Services, Inc.
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