



Academy of Our Lady of Grace

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every 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>Happy Spring!</i> 		1 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	2 Half Day No Lunch Served <i>Dr. Seuss' Birthday</i> <i>Read Across America</i>
5 Popcorn Chicken Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Pasta with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit	9 Pizzeria Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
SCHOOL BREAKFAST National School Breakfast Week				
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	13 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit	14 Chicken Nuggets Dinner Roll Peas & Carrots Fresh or Chilled Fruit	15 Creamy Mac & Cheese Dinner Roll Potato Wedges Fresh or Chilled Fruit	16 Lucky Tray Day! New Recipe! Pizzeria Pizza Freshly Prepared Caesar Salad Gelatin Fruit Cups
19 Breaded Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Corn Dog Nuggets Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	22 CHEF DAY! Top your Own Hamburger! Seasoned Potato Wedges Fresh or Chilled Fruit	23 Pizzeria Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	27 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	28 Half Day No Lunch Served	29 School Closed	30 School Closed

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"