

St. Elizabeth Ann Seton

Lunch Menu August 2019

NUTRITION NEWS: Did you know August is National Family Fun Month? Studies show children are more likely to eat their meal if they are involved in the process. Invite your child to help chop vegetables for a side dish or mix together ingredients for a fruit salad. Whether your child is 3 or 12 there are a variety of tasks kids can help with based on their skillset! Make meal preparation and dinnertime more fun by getting the kids involved!

ALL MAIN EVENTS AND SWAP OUTS: Student Lunch \$4.00
Your meal comes with the choice of: Adult Lunch \$4.00
Fruit and Vegetable
Milk, or Water Entrée only \$3.00

Maschio's Swap Outs

- Monday:** Grilled Cheese Sandwich
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Chicken Nuggets
- Thursday:** Hot Dog on a bun
- Friday:** Chef Salad with Dinner Roll

Maschio's Swap Outs Available Daily

Bagel Meal– Bagel with spread, Cheese Sticks, Fresh Fruit, Fresh Vegetable and Beverage

Chicken Caesar Salad with Dinner Roll

Connect with us!   



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
5	6	7	8	9
12	13 WELCOME BACK Pasta with Meat Balls Garlic Bread Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	14 All Beef Hot Dog On a Bun Baked Beans Fresh or Chilled Fruit	15 Chicken rice and Beans Bowl Fresh or Chilled Fruit	16 Cheese or Pepperoni Pizza corn Fresh or Chilled Fruit
19 Meatball Sub Oven Baked Fries Fresh or Chilled Fruit	20 Ham and Cheese Melt on a Bun Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	21 Pasta with Meat Sauce Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	22 Crispy Chicken Sandwich Mashed Potatoes with Gravy Fresh or Chilled Fruit	23 Cheese or Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
26 Popcorn Chicken Dinner Roll Mashed Potatoes Fresh or Chilled Fruit	27 Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	28 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	29 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Steamed Corn Fresh or Chilled Fruit	30 Early Dismissal No Lunch

Questions or Concerns? Please visit www.maschiofood.com Or call Josh Stonecypher at: 814-421-8377

Cash, checks, and online payment are accepted. Online payments can be made at www.payschoolscentral.com Please make checks payable to: Maschio's Food Services, Inc



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"