

# ST. ROSE of LIMA



Maschio's Food Services, Inc.

DECEMBER LUNCH 2009

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>EAT A RED APPLE DAY</b> Dec. 1, 2009</p> <p>Featured Fruit &amp; Veggie Broccoli &amp; Cranberries</p>	<p><b>1 Eat a Red Apple Day</b> Waffle w/Tater Tots Sausage Syrup Cup Red Apple Beverage Selection</p>	<p><b>2</b> Taco Platter w/ Cheese &amp; Salsa Nacho Chips Fruit Cup Beverage Selection</p>	<p><b>3</b> La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection</p>	<p><b>4</b> <b>12:15</b> <b>DISMISSAL</b> <b>NO LUNCH</b> <b>SERVICE</b></p>
<p><b>7</b> Pizza Bagel w/Side Vegetable Assorted Fruit Choice Beverage Selection</p>	<p><b>8</b> Popcorn Chicken w/ Mashed Potatoes Fresh Fruit Beverage Selection</p>	<p><b>9</b> Meatball Hero w/ Mozzarella Cheese Side Vegetable Fresh Tangerine Beverage Selection</p>	<p><b>10</b> La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection</p>	<p><b>11</b> Mac &amp; Cheese w/Side Vegetable Pretzel Rod Fruit Choice Beverage Selection</p>
<p><b>14</b> Pasta w/Roll Side Vegetable Fruit Cup Beverage Choice</p>	<p><b>15</b> Sausage &amp; Cheese on a Biscuit Assorted Fruit Cup Beverage Selection</p>	<p><b>16</b> Hot Dog on a Bun Vegetarian Beans Fruit Cup Beverage Selection</p>	<p><b>17</b> La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection</p>	<p><b>18</b> Chicken Wrap w/Cheese Fruit Choice Beverage Selection</p>
<p><b>21 HOLIDAY DINNER</b> Chicken w/Mashed Potatoes/Vegetable Fruit Cup Holiday Cookie Beverage Selection</p>	<p><b>22</b> <b>12:15</b> <b>DISMISSAL</b> <b>NO LUNCH</b> <b>SERVICE</b></p>	<p><b>23</b> <b>CHRISTMAS</b> <b>RECESS</b> <b>BEGINS</b></p>	<p><b>24</b></p>	<p><b>25</b> <b>CHRISTMAS</b> <b>DAY</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>31</b></p>

Complete Lunch  
**\$3.00**

**"SIDEKICKS"**

Extra Entrée.....	\$1.75
Milk.....	\$0.60
Fruit Juice.....	\$0.50
Fresh Fruit.....	\$0.75
Baked Chips.....	\$0.75
Ice Cream.....	\$0.75-\$1.25
Spring Water.....	\$0.50
Snapple.....	\$1.00
Baked Cookie (small).....	\$0.50
Baked Cookie (large).....	\$1.00
Flavored Water.....	\$1.00
Soup w/Crackers.....	\$1.00



SERVED DAILY AS AN  
ALTERNATE LUNCH IN  
PLACE of a HOT ENTREE

**\$3.00**

Grilled Chicken Caesar Salad  
w/Garden Greens  
Fruit and Beverage Choice  
-or-  
Grilled Chicken Wrap  
w/Lettuce  
Fruit and Beverage Choice  
-or-  
Bagel Bag  
w/Gogurt Stick or Polly-o  
Cheese Stick  
Fruit and Beverage Choice

Beverage choices include:

Low Fat chocolate milk, 1% & skim milk,  
8 oz. water or 4 oz. 100% fruit

GET ENERGIZED WITH  
SCHOOL MEALS!



**LUNCH TICKETS**

are available in the Cafeteria. 10 meals  
\$30.00/20 \$60.00. Please make all checks  
payable to:

**MASCHIO'S FOOD SERVICE**

Our lunch menus meet or  
exceed the USDA Guidelines for child  
Nutrition lunch



LA STRADA  
PIZZA  
served weekly  
w/side  
vegetable, fruit  
& beverage



MENU SUBJECT  
TO CHANGE