



ST. ROSE of LIMA ACADEMY

Maschio's Food Services, Inc.

FEBRUARY LUNCH 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Wrap w/Lettuce Sweet Potato Fries Fruit Cup Beverage Selection	2 Pizza Burger on a Roll Mixed Veggie Sticks & Dip Fruit Choice Beverage Selection	3 Taco Platter w/ Cheese & Salsa Nacho Chips Fruit Cup Beverage Selection	4 La Strada Pizza Cucumber Slices w/Dip Fruit Choice Beverage Selection	5 12:15 DISMISSAL NO LUNCH SERVICE
8 Pizza Bagel w/Side Vegetable Assorted Fruit Choice Beverage Selection	9 Triple Pancakes w/Syrup Sliced Bacon (2) Applesauce Beverage Selection	10 <u>Chinese New Year</u> Tangerine Chicken w/Rice & Vegetables Fortune Cookie Pineapple Cup Beverage Selection	11 La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection	12 <u>Super Bowl Friday!</u> Foot Long Hot Dog on a Bun Touch Down Tater Tots Field Goal Fruit Cup Beverage Selection
15 	16 	17 ASH WEDNESDAY 	18 	19
22 Chicken Parmesan on a Roll Side Salad Fruit Cup Beverage Selection	23 Grilled Cheese Sandwich w/ Tomato Soup Mixed Fruit Cup Beverage Selection	24 French Toast Sticks w/Syrup Sliced Bacon (2) Fruit Cup Beverage Selection	25 La Strada Pizza Veggie Sticks w/Dip Fruit Choice Beverage Selection	26 Pasta w/ Pink Sauce Dinner Roll Side Vegetable Assorted Fruit Choice Beverage Selection
	Our lunch menus meet or exceed the USDA Guidelines for child Nutrition lunch programs		Featured Fruit & Veggie Of the Month: Sweet Potato & Pineapple	

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 ENTRÉE

\$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

Protein Salad w/garden greens, egg, cheese & beans available on Friday during Lenten season

Beverage choices include:
Low Fat chocolate milk, 1% & skim milk, 8 oz. water or 4 oz. 100% fruit juice cup

MENU SUBJECT TO CHANGE

LUNCH TICKETS

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

MASCHIO'S FOOD SERVICE

GET ENERGIZED WITH SCHOOL MEALS!

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

