



St. Bartholomew School

February 2018 Lunch Menu

NUTRITION NEWS: February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

"SMART SNACKS"

Potato/Sausage Extra	\$1.00
Fresh Fruit	\$0.65
Cold Beverage 8z	\$0.60
Ice Cream	\$1.00
Soft Pretzel Sticks	2 for \$1.00
Baked Chips	\$0.75
Fresh Baked Cookie	\$0.50
	2 for \$1.00
Rice Krispy Treat	\$0.50
Cereal Snack Bar	\$1.00

Student Lunch	\$3.75
Adult Lunch	\$4.00
Entrée a la Carte	\$3.00
Extra Pizza w/ Meal Only	\$2.00

Your Meal comes with the Beverage Choice of:

- Flavored/Unflavored
- Low Fat Milk, Iced Tea,
- Lemonade or Water

Maschio's Swap Outs

Available Daily

- Bagel Bag Meal
- Cereal Bag Meal
- Hot Dog on a Bun with Chips
- Chicken Caesar Salad

Available Daily

Bag of Fresh Vegetables with Dipping Packet

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 Pasta Alfredo Or Plain Pasta Dinner Roll Sautéed Broccoli Fresh or Chilled Fruit	2 Pizzeria Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 Super Bowl Celebration Chicken Fries with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	7 Lucky Tray Day Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 SCOOP-A-BOWL Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 Pizzeria Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	13 Pizza Sticks with Marinara Dipping Sauce Side Caesar Salad Fresh or Chilled Fruit	14 Valentine's Day Spaghetti with Marinara Sauce or Plain Pasta Freshly Prepared Spring Mix Salad Strawberry Applesauce	15 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh or Chilled Fruit	16 Pizzeria Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
19 President's Day School Closed	20 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	21 Crispy Chicken BLT on a Croissant Fresh Veggie Dippers Fresh or Chilled Fruit	22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	23 Pizzeria Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Chicken Nuggets French Fries Fresh Celery Sticks with Dip Fresh or Chilled Fruit	27 National Tortilla Chip Day Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Fresh or Chilled Fruit	28 Pizza Sticks with Marinara Dipping Sauce Side Caesar Salad Fresh or Chilled Fruit		

Questions or Concerns? Please Visit www.MaschioFood.com Or Call Maschio's Food Services at Your School

Lunch Tickets are available in the cafeteria:
10 for \$37.50 / 20 for \$75.00

Please Make Checks Payable To: Maschio's Food Services, Inc.

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MENU SUBJECT TO CHANGE

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"



St. Bartholomew School

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.

"SMART SNACKS"		Student Lunch	
Potato/Sausage Extra	\$1.00		\$3.75
Fresh Fruit	\$0.65	Adult Lunch	\$4.00
Cold Beverage 8z	\$0.60	Entrée a la Carte	\$3.00
Ice Cream	\$1.00	Extra Pizza w/ Meal Only	\$2.00
Soft Pretzel Sticks	2 for \$1.00		
Baked Chips	\$0.75		
Fresh Baked Cookie	\$0.50		
	2 for \$1.00		
Rice Krispy Treat	\$0.50		
Cereal Snack Bar	\$1.00		

Student Lunch \$3.75
 Adult Lunch \$4.00
 Entrée a la Carte \$3.00
 Extra Pizza w/ Meal Only \$2.00

Your Meal comes with the Beverage Choice of:
 Flavored/Unflavored
 Low Fat Milk, Iced Tea,
 Lemonade or Water

Maschio's Swap Outs

Available Daily

Bagel Bag Meal

Cereal Bag Meal

Hot Dog on a Bun with Chips

Chicken Caesar Salad

No Meat Served On Fridays During Lent

Available Daily

Bag of Fresh Vegetables with Dipping Packet

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	2 Pizzeria Cheese Pizza Rainbow Garden Salad "Pink Ink Yink" Sorbet Dr. Seuss' Birthday Read Across America
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 Meatballs or Plain Pasta Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	8 Breakfast for Lunch Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit	9 Pizzeria Cheese 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 Taco Tuesday Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce & Salsa Steamed Corn Fresh or Chilled Fruit	14 Chicken Fries with Tater Tots & Soft Pretzel Stick Fresh Celery Sticks with Dip Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	16 Pizzeria Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Pretzel Dog 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 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit	23 Pizzeria Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	27 Pizzeria Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	28 Half Day No Lunch Served	29 School Closed	30 School Closed

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