







ASSUMPTION CATHOLIC SCHOOL

Maschio's Food Services, Inc.

JANUARY LUNCH MENU 2009

Healthy Meals Grow Healthy Kids!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| OUR LUNCH MENUS MEET OR EXCEED THE USDA GUIDELINES FOR CHILD NUTRITION LUNCH |  | | 1 Happy New Year | 2  |
| 5 French Toast Sticks Sausage Hash Brown Orange Juice Milk Choice | 6 Sticker Day Baked Ziti Garlic Bread Tossed Salad Chilled Fruit Cup Milk Choice | 7 No Classes Pastor's Holiday | 8 Chicken Quesadilla Rice Chilled Fruit Cup Milk Choice  | 9 Pizza Tossed Salad w/ Dressing Chilled Fruit Cup Milk Choice |
| 12 Chicken Patty Sand French Fries Chilled Fruit Cup Milk Choice | 13 Grilled Cheese Tomato Soup w/Crackers Chilled Fruit Cup Milk Choice  | 14 Popcorn Chicken Mashed Potatoes Corn Chilled Fruit Cup Milk Choice | 15 Hamburger/Cheese burger Tator Tots Green Beans Chilled Fruit Cup Milk Choice | 16 Cheese Pizza Tossed Salad Chilled Fruit Cup Milk Choice  |
| 19 No School Martin Luther King | 20 Nacho Platter With Beef & Cheese Lettuce & Tomato Rice, Salsa Orange Slices, Milk Choice | 21 Chicken Nuggets with Dip Tater Tots Green Beans, Chilled Fruit Cup Milk Choice  | 22 Winter Picnic Hot Dog on a Bun Bag of Chips Pickles Chilled Fruit Cup Milk Choice | 23 Pizza Tossed Salad w/ Dressing Chilled Fruit Cup Milk Choice |
| 26 Spaghetti and Meatballs Tossed Salad Chilled Fruit Cup Milk Choice | 27 Chicken Tenders French Fries Chilled Fruit cup Milk Choice | 28 Pizza Sticks w/ Marinara Sauce Tossed Salad Chilled Fruit Cup Milk Choice | 29 Baked Mac and Cheese Dinner Roll String Beans Chilled Fruit Juice Milk Choice | 30 Pizza Tossed Salad w/ Dressing Chilled Fruit Cup Milk Choice |

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|----------------------------|------------|
| Student Lunch | \$2.75 |
| "SIDEKICKS" | |
| Entrée (Meat) | \$2.25 |
| Entrée-Deli, Pasta, Pizza, | |
| Hot Dog | \$2.00 |
| Milk | \$.50 |
| Fresh Fruit | \$.50 |
| Baked Chips | \$.60 |
| Ice Cream | \$.75/1.25 |
| Baked Cookie | \$.50 |
| Hot Pretzel | \$.50 |
| Funnel Cake | \$.75 |
| Spring Water. 1/2 pint | \$.50 |
| 100% Juice Cup | \$.50 |
| Fruit Snacks | \$.50 |
| Soup of The Day | \$.50 |
| String Cheese | \$.60 |
| Pudding | \$.50 |
| Mini Krispy Teats | \$.50 |

**BAGEL BAG
LUNCH
\$2.75**

Cheese Sticks
Carrot Sticks
Fresh Sliced
Bagel
Fruit Cup
Beverage

www.maschiofood.com

**Daily
Sandwich/Salad
Special
\$2.75**

Monday: Turkey & Cheese Sand
Tuesday: Ham & Cheese Sand
Wednesday: Turkey & Cheese Sand
Thursday: Ham & Cheese on a roll
Friday: Tuna salad on wheat

**Water or Juice may
replace Milk**

Choice of flavored or unflavored, low fat milk with all meals.



Prepayment of meals and snacks is available in the cafeteria. 20 meals-\$55.00. Please make checks payable to Maschio Food Service

MENU SUBJECT TO CHANGE

**Get Energized with
School Meals!**

