







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

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!**

