



ST. PETER'S

May 2013 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

MAC's Nutrition News

Enjoy the nice spring weather and celebrate **National BBQ Month** with your friends and family!

Try a variety of **Grilled Vegetables** such as Corn, Zucchini, Bell Peppers, Eggplant and more!

Look on the lunch line this month for the vegetable of the month **Corn on the Cob!**

MASCHIO'S MAIN EVENT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Fruit of the Month:</p> 	<p>Vegetable of the Month:</p> 	<p>1</p> <p>GRILLED CHEESE SANDWICH W/ TOMATO SOUP CUCUMBER COINS CHILLED FRUIT</p>	<p>2</p> <p>HAMBURGER TATER TOTS CELERY STICKS CHILLED FRUIT</p> 	<p>3</p>
<p>6</p> <p>Chicken Nuggets Dinner Roll Mashed Potatoes w/ Gravy Roasted Vegetables Chilled Fruit</p>	<p>7</p> <p>Cheese or Chicken Quesadilla w/ Salsa & Sour Cream Tossed Salad Chilled Fruit</p>	<p>8</p> <p>Open Faced Turkey Sandwich Green Beans Chilled Fruit</p>	<p>9</p> <p>French Toast Sticks w/ Syrup Sausage Sweet Potato Tots Chilled Fruit</p> 	<p>10</p>
<p>13</p> <p>GRILLED HERB CHICKEN BROWN RICE GREEN BEANS CHILLED FRUIT</p>	<p>14</p> <p>TACO SALAD FRESH GREENS TACO MEAT DICED TOMATO SHREDDED CHEESE SEASONED RICE CHILLED FRUIT</p>	<p>15</p> <p>BAKED ZITI WITH MOZZARELLA CHEESE GARDEN SALAD CHILLED FRUIT</p>	<p>16</p> <p>HAMBURGER W/ OR W/OUT CHEESE BAKED FRENCH FRIES BROCCOLI CHILLED FRUIT</p>	<p>17</p> <p>PIZZA ROMAINE & TOMATO SALAD CHILLED FRUIT</p>
<p>20</p> <p>POPCORN CHICKEN W/ DIPPING SAUCE BREADSTICK SLICED CARROTS DINNER ROLL CHILLED FRUIT</p>	<p>21</p> <p>FAJITA CHICKEN WRAP SEASONED RICE BROCCOLI CHILLED FRUIT</p>	<p>22</p> <p>TURKEY HAM & CHEESE MELT ON A PRETZEL BUN CREAMY TOMATO SOUP VEGETABLE DIPPERS CHILLED FRUIT</p>	<p>23</p> <p>WAFFLES W/ SYRUP SAUSAGE HASHBROWN CHILLED FRUIT</p> 	<p>24</p>
<p>27</p> 	<p>28</p> <p>TWIN TACOS WITH SALSA & SOUR CREAM CORN SEASONED RICE CHILLED FRUIT</p>	<p>29</p> <p>BAKED MAC & CHEESE GREEN BEANS DINNER ROLL TOSSED SALAD CHILLED FRUIT</p>	<p>30</p> <p>HOT DOG ON A BUN POTATO WEDGES CHILLED FRUIT</p>	<p>31</p> <p>PIZZA TOSSED SALAD CHILLED FRUIT</p>



Student Lunch \$2.75
Reduced Lunch \$0.40
Adult Lunch \$3.50

All Meals Served with:
Vegetable of the Day and 1 selection from Mac's Veggie Patch,

Maschio's Swap Outs

All Swap Out Meals come with Vegetable of the Day, Selection from Mac's Veggie Patch, Fruit of the Day & Low Fat Milk Choice

Monday: Grilled Chicken Caesar Salad Wrap

Tuesday: Beef Teriyaki Salad w/ Whole Wheat Roll

Wednesday: Turkey Ham & Cheese on Whole Wheat Bread

Thursday: Crispy Chicken Salad w/ Whole Wheat Roll

Friday: Hummus Platter w/ Grapes, Whole Wheat Pita & Veggie Sticks

Swap Outs' Available Daily:

Low Fat Yogurt Meal w/ Graham Crackers

Fruit & Cheese Platter w/ Pita Bread

Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!



Questions or Concerns?
Please Visit www.MaschioFood.com
Or
Call Maschio's Food Services at Your School (973)759-3143

MAC'S VEGGIE PATCH
CARROT STICKS, SALAD CUP
OR BEAN SALAD



Maschio's Food Services, Inc.

MENU SUBJECT TO CHANGE

All Meals Options Served with Choice of Flavored Fat Free Milk or Unflavored 1% Milk/ Fat Free Milk

