

St. Peter's

November 2014 Lunch Menu

Healthy Meals Grow Healthy Kids!

MAC's Nutrition News

It is important to remember to continue to make healthy choices on the weekend, just as you do when you are in the cafeteria. With fall being in full swing, weekends are packed with game day parties, activities outside the home and thanksgiving around the corner. Meals on these busy days typically revolve around foods that are high in unhealthy fat, added sugars, sodium and may be associated with large portion sizes. Distracted eating can occur while talking to friends, watching the game or eating on the run. Keep in mind proper portion sizes and incorporate all five food groups into your meal. Try to fill at least half your plate with fruits and vegetables!

All Meals Served with:

Vegetable of the Day
and 1 selection from
Mac's Veggie Patch,
Fruit of the Day &
Low Fat Milk Choice

Student Lunch \$3.00
Reduced Lunch \$0.40
Adult Lunch \$3.50



Maschio's Swap Outs

Monday: Grilled Chicken Caesar Salad Wrap
Tuesday: Beef Teriyaki Salad w/ Dinner Roll
Wednesday: Turkey, Ham & Cheese Sandwich
Thursday: Crispy Chicken Salad w/ Dinner Roll
Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

Yogurt Bag
Bagel Bag
Cereal Bag

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
(973)759-3143

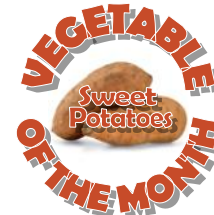
MAC'S VEGGIE PATCH

Carrot Sticks,
Featured Salads, Bean Salad,
or Veggie Dippers
Available Daily

Monday Tuesday Wednesday Thursday Friday

<p>3 Turkey Club on a Roll w/ Turkey Bacon, Lettuce & Tomatoes Sweet Potato Fries Fresh or Chilled Fruit</p> <p> National Sandwich Day!</p>	<p>4 Popcorn Chicken Buttered Noodles Golden Corn Fresh Pepper Dippers Fresh or Chilled Fruit</p>	<p>5 French Bread Pizza Freshly Prepared Tomato Cucumber Salad Fresh or Chilled Fruit</p>	<p>6 Breakfast for Lunch Country Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit</p>	<p>7 Pizzeria Pizza Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>10 Crispy Chicken Sandwich Oven Baked Potato Wedges Cucumber Slices Fresh or Chilled Fruit</p>	<p>11 Cheesy Muchacho Nachos with Shredded Lettuce, Diced Tomatoes & Salsa Fiesta Corn Fresh or Chilled Fruit</p> <p> Veteran's Day</p>	<p>12 Pasta Day with Meatballs Broccoli Italiano Fresh or Chilled - Fruit</p>	<p>13 Lucky Tray Day Hot Dog on a Bun Corn on the Cob Coleslaw Fresh or Chilled Fruit</p>	<p>14 Pizzeria Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>17 SCOOP-A-BOWL Fajita Chicken, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos Tortilla Scoops Black Bean & Corn Salad Fresh or Chilled Fruit</p>	<p>18 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>19 Mini Raviolis with Marinara Sauce Warm Bread Stick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>20 Thanksgiving Feast Roast Turkey with Gravy Soft Roll Mashed Potatoes Green Beans Home-Style Pear Crisp</p>	<p>21 Pizzeria Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>24 Crispy Chicken Nuggets Dinner Roll Steamed Corn Fresh or Chilled Fruit</p>	<p>25 Pasta Day with Meat Sauce Sautéed Spinach Fresh or Chilled Fruit</p>	<p>26 Assorted Cheese Pizzas Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>27 Happy Thanksgiving!</p> <p></p>	<p>28</p>

MASCHIO'S MAIN EVENT



MENU SUBJECT TO CHANGE

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

rBST-free

Maschio's Food Services, Inc.
"This institution is an equal opportunity provider"