

# St. Peter's

## November 2015 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 are Served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

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

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Popcorn Chicken</b> Dinner Roll Mashed Potatoes Fresh or Chilled Fruit	3 <b>National Sandwich Day</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Cucumber Coins Fresh or Chilled Fruit	4 <b>Pasta Day with Meatballs</b> Green Beans Fresh or Chilled Fruit	5 <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit	6 <b>Pizzeria Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
9 <b>Chicken Fries with Dipping Sauces</b> Pretzel Stick Puzzle Fries Fresh or Chilled Fruit	10 <b>Nacho Platter with Beef, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Corn Fresh or Chilled Fruit	11 <b>Mac &amp; Cheese</b> Warm Breadstick Vegetable Medley Fresh or Chilled Fruit  	12 <b>Sabrett's All Natural Beef Hot Dog on a Bun</b> Sweet Potato Tots Fresh or Chilled Fruit	13 <b>Pizzeria Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 <b>Crispy Chicken Sandwich</b> Potato Wedges Fresh or Chilled Fruit	17 <b>Pasta Day with Meat Sauce</b> Broccoli Italiano Fresh or Chilled Fruit	18 <b>Lucky Tray Day Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	19 <b>Chicken Stuffing</b> Mashed Potatoes with Gravy Green Beans Home-Style Apple Crisp	20 <b>Pizzeria Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
23 <b>Crispy Chicken Nuggets</b> Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	24 <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit	25 <b>Assorted Cheese Pizza</b> Veggie Sticks Fresh or Chilled Fruit	26 27 <b>Happy Thanksgiving!</b> 	
30 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 <p>Try to fill at least half your plate with fruits and vegetables!</p>			

### Maschio's Swap Outs

**Monday:** Grilled Chicken Caesar Salad Wrap

**Tuesday:** Chef Salad with a Dinner Roll

**Wednesday:** Turkey, Ham and Cheese Sandwich

**Thursday:** Crispy Chicken Salad with a Dinner Roll

**Friday:** Tuna Salad Sandwich

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Maschio's Swap Outs Available Daily

Yogurt Bag  
Bagel Bag  
Cereal Bag



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



Check us out on Facebook : Maschio's Food Services, Inc.

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!**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Questions or Concerns?  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 or Call Maschio's Food Services at: (973)759-3143