

St. John Vianney

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

SIDEKICKS	
Hot Pretzel	\$1.00
Baked Cookie	\$0.75
Fresh Fruit/Vegetable	\$0.60
Ice Cream	\$1.00
Assorted Chips	\$1.00
Churros	\$1.00
Rice Krispies Treat	\$1.00
Milk	\$0.50
Snapple—Yoo Hoo	\$1.25
Spring Water	\$0.50/\$1.00
Juice	\$0.60

Student Lunch \$3.75

Entrée Only \$3.00

Adult Lunch \$4.25

New For Winter!

**Cup of Soup
\$1.00**

Maschio's Swap Outs

Monday: Ham, Turkey, and Cheese Sub

Wednesday: Personal Pizza

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Bagel Meal
Hot Dog on a Bun
Chicken Caesar Salad
Grilled Cheese

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>HAPPY HOLIDAYS</h1>				
4 Chicken Nuggets Smile Fries Fresh or Chilled Fruit	5 Nacho Platter with Taco Meat, Shredded Cheddar Cheese & Lettuce Steamed Rice Fresh or Chilled Fruit	6 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	7 Domino's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	1 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 Popcorn Chicken Mashed Potatoes Fresh or Chilled Fruit	12 French Bread Pizza Plain or With Pepperoni Side Salad Fresh or Chilled Fruit	13 Breakfast For Lunch French Toast Sausage Hash Browns Fresh or Chilled Fruit	14 Macaroni & Cheese Muffin Fresh or Chilled Fruit	8 Half Day No Lunch Served
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 Taco Tuesday Taco Platter with Taco Meat, Shredded Cheddar Cheese & Lettuce Steamed Rice Fresh or Chilled Fruit	20 Plain Pasta or Pasta Alfredo Garlic Breadstick Fresh or Chilled Fruit	21 First Day of Winter Domino's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	15 Domino's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
25	26	27	28	22 Half Day No Lunch Served
<h1>Enjoy your Winter Break & Have a Happy New Year!</h1>				

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 732-388-1662

Lunch Tickets are available in the cafeteria:
10 for \$37.50 / 20 for \$75.00

Please Make Checks Payable To: Maschio's Food Services

Connect with us!   

MENU SUBJECT TO CHANGE

 **Maschio's**
Food Services, Inc.

"This institution is an equal opportunity provider"