



St. Elizabeth Seton Catholic School

September 2017 Lunch Menu

This month, we are challenging you to focus on "Eating the Colors of the Rainbow."

You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

ALL MAIN EVENTS AND SWAP OUTS:	Student Lunch	\$4.00
Your meal comes with the choice of:	Entrée Only	\$3.00
Fruit and Vegetable		
Milk, or Water	Adult Lunch	\$4.00

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich

Tuesday: Cheeseburger on a Bun

Wednesday: Ham, Turkey, and Cheese on a Bun

Thursday: Mozzarella Sticks with Marinara Sauce

Friday: Chef Salad with Dinner roll

Maschio's Swap Outs Available Daily

Bagel Meal– Bagel with spread, Cheese Sticks, Fresh Fruit, Fresh Vegetable and Beverage

Chicken Caesar Salad with Dinner Roll

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Half Day No Lunch
4 Labor Day School Closed	5 Crispy Chicken Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Choc/Vanilla Ice cream	6 Meatball Parm Sandwich Crinkle cut fries Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausage TaterTots Fresh or Chilled Fruit	8 New York Style Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Chicken Nuggets Warm Breadstick Fresh Veggie Dippers Fresh or Chilled Fruit	12 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Lucky Tray Day Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	15 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Popcorn Chicken with Dipping Sauces Buttered Noodles Carrots Fresh or Chilled Fruit	19 Breakfast for Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Applesauce	21 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Mini Cheese Pizza Bagels Fresh Veggie Dippers Fresh or Chilled Fruit
25 Grilled Chicken Sandwich with Lettuce & Tomato Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 Johnny Appleseed Day Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	27 Corn Dog Nuggets Baked Beans Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Pasta Alfredo with Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	29 New York Style Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit

Questions or Concerns? Please visit www.maschiofood.com
Or call Maschio's Food Services at: 386-445-2411

Cash, checks, and online payment are accepted.
Online payments can be made at
www.payforit.net
Please make checks payable to:
Maschio's Food Services, Inc.



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"