



ST. JAMES SCHOOL



Maschio's Food Services, Inc.

SEPTEMBER 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
6 HAPPY LABOR DAY!	7 WELCOME BACK 	8 Chicken Tenders with a Wheat Roll Buttered Noodles Assorted Fruit Cup Beverage Choice	9 Hamburger/ Cheeseburger on a Bun Oven Baked Fries Chilled Fruit Cup Beverage Choice	10 La Pizzeria Pizza Tossed Salad Chilled Fruit Cup Beverage Choice
13 Cheese Steak/ Minute Steak on A Hero Roll Mashed Potatoes Chilled Fruit Cup Beverage Choice	14 Chicken Parm on a Roll Steamed Corn Assorted Fruit Cup Beverage Choice	15 Stuffed Shell with Garlic Bread Tossed Salad Chilled Fruit Cup Beverage Choice	16 French Toast Sticks with Sausage Patty Hash Brown Stick Chilled Fruit Cup Beverage Choice	17 La Pizzeria Pizza Veggie Sticks Chilled Fruit Cup Beverage Choice
20 Chicken Nuggets with a Roll Oven Baked Fries Assorted Fruit Cup Beverage Choice	21 California Burger with Lettuce, Tomato Oven Baked Fries Chilled Fruit Cup Beverage Choice	22 Twin Tacos with Meat Cheese, Lettuce Salsa & Sour Cream Steamed Rice Chilled Fruit Cup Beverage Choice	23 Meatball Parm with a Side of Spaghetti Tossed Salad Assorted Fruit Cup Beverage Choice	24 La Pizzeria Pizza Tossed Salad Chilled Fruit Cup Beverage Choice
27 Pizza Sticks with Marinara Sauce Tossed Salad Pudding Chilled Fruit Cup Beverage Choice	28 Chicken Quesadillas Salsa & Sour Cream Steamed Rice Chilled Fruit Cup Beverage Choice	29 Macaroni & Cheese with a Wheat Roll Steamed Green Beans Assorted Fruit Cup Beverage Choice	30 Cheese Steak/ Minute Steak on A Hero Roll Oven Baked Fries Chilled Fruit Cup Beverage Choice	
		 MyPyramid.gov STEPS TO A HEALTHIER YOU		

Student Lunch \$ 2.75

"SIDEKICKS"

Hot Entrée	\$2.00
Milk	\$.50
Pizza Slice	\$1.50
Fresh Fruit	\$.75
Baked Chips	\$.60
Ice Cream	\$.75/\$1.25
Baked Cookie	\$1.00
Hot Pretzel	\$1.00
Spring Water	\$.50/\$1.00
Soup	\$1.00

Bagel Bag Lunch
\$ 2.75

Sliced Bagel Cream Cheese or Jam String Cheese, or fruit cup and milk choice

"SANDWICH STACKERS"
\$2.75

Tuna Sandwiches or Turkey Sandwich
Prepared fresh!
In place of hot lunch entrée, fruit and milk choices

Choice of flavored or unflavored, low fat milk with all meals.



Lunch Tickets available in the cafeteria: 20 meals- \$55.00
MENU SUBJECT TO CHANGE



Tuesdays and Thursdays
\$2.75

Chef Salads available instead of hot lunch

Hot Dogs
Available Daily

Get Energized with School Meals!