



La Salle Academy

November 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



"SIDEKICKS"

Milk	\$0.50
Lemonade	\$0.50
Water 8 oz.	\$0.50
Fresh Fruit	\$0.75
Fruit Cup	\$0.50
Baked Cookie	\$0.50
Baked Chips	\$0.65
Ice Cream	\$1.00
Soup w/Crackers	\$1.50

Beverage Choice:
Your Meal Comes w/ the Choice of:
Flavored/Unflavored Low Fat Milk, Lemonade, or Water

Student Lunch \$3.25
Salad Platter 3.25/\$3.50
Adult Lunch \$3.50

MASCHIO'S MAIN EVENT

Mon	Tue	Wed	Thu	Fri
		1 Walking Taco Veggie Toppers White Rice Fruit	2 Waffles Sausage Patty Hash Browns Orange Slices	3 Gino's Pizza Tossed Salad Fruit Cup
6 Chicken Quesadillas w/ Salsa Rice Corn	7 Cheese Ravioli Tossed Salad Garlic Bread Fruit	8 <i>Thanksgiving</i> 	9 Pancakes Sausage Patty Hash Browns Orange Slices	10 Gino's Pizza Garden Salad Fruit
13 Chicken Tenders Buttered Noodles Corn Fruit	14 Hot Dog Mac & Cheese Green Beans Fruit	15 French Toast Sausage Patty Hash Browns Orange Slices	16 Cheeseburger French Fries Fruit	17 Gino's Pizza Tossed Salad Fruit Cup
20 Cheese Steak Sub French Fries Fruit Cup	21 Pasta w/ Meatballs Tossed Salad Garlic Bread	22 <i>No Lunch 12:00 Noon Dismissal</i>	23  Happy Thanksgiving	24 SCHOOL CLOSED
27 SCHOOL CLOSED	28 Chicken Parm w/a Side of Pasta Garlic Bread Fruit Cup	29 Walking Taco Veggie Toppers White Rice Fruit	30 Hot Dog Mac & Cheese Green Beans Fruit	

Maschio's Swap Outs

- Monday: Cheeseburger on a Bun
- Tues.: Breaded Chicken Patty Sandwich
- Wednesday: Grilled Cheese Sandwich
- Thursday: Deli Wrap
- Friday: Chicken Sandwich

Maschio's Swap Outs Available Daily

Bagel Bag (available everyday)
Chicken Caesar Salad w/ a Dinner Roll
Special Salad of the Day w/ a Dinner Roll

Our well-balanced lunches available for the week, average between **550-650 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans**

MENU SUBJECT TO CHANGE

Please make checks payable to **Maschio's**.

Questions or Concerns?
Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: 610-777-7392



"This institution is an equal opportunity provider"