

Churchill School

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

All meals are served with Beverage choice of:

Water, Low Fat Milk, or 100% Juice

Student Lunch	\$4.00
Extra Entrée	\$2.50
Adult Lunch	\$4.50

Maschio's Swap Outs

Monday: Chicken Nuggets

Tuesday: Personal Pan Pizza

Wednesday: Chicken Nuggets

Thursday: Pizza Dippers with Marinara Sauce

Friday: Chicken Nuggets

Maschio's Swap Outs Available Daily

Cereal Bag
Bagel with Yogurt Meal
Fruit & Cheese Platter
Yogurt Parfait

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Popcorn Chicken Mashed Potatoes Golden Corn Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Broccoli Italiano Fresh or Chilled Fruit	5 Puzo's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Mac & Cheese Monday Macaroni & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	9 Crispy Chicken Sandwich Curly Fries Fresh or Chilled Fruit	10 Breakfast For Lunch Sausage, Egg, & Cheese Sandwich Hash Browns Fresh or Chilled Fruit	11 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	12 Hollywood Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day Half Day No Lunch Served	16 Breakfast For Lunch Waffles Egg Patty, Bacon Hash Browns Fresh or Chilled Fruit	17 Winged Out Wednesday Buffalo, BBQ or Plain Chicken Wings Veggie Dippers Fresh or Chilled Fruit	18  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Gencarelli's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Breakfast For Lunch Bacon, Egg, & Cheese Sandwich Hash Browns Fresh or Chilled Fruit	24 Beef Empanadas Salsa, Sour Cream Rice Steamed Corn Fresh or Chilled Fruit	25 Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit	26 Puzo's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Mac & Cheese Monday Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	30 Chicken Fries Basket Soft Pretzel Stick Fresh or Chilled Fruit	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit		

Questions or Concerns? Please visit www.maschiofood.com
Or Fairfield HSA at: contactus@fairfieldhsa.org

Make Payments Online at Payforit.net or

Please Make Checks Payable To:
Maschio's Food Service, Inc.

No charging allowed.

After 3 non payments no lunch will be served! Two (2) snack limit.
Snacks CANNOT be charged!

MENU SUBJECT TO CHANGE


Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"