

Grace Christian

December 2019 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.

ALL MAIN EVENTS AND SWAP OUTS:

| | | |
|--|---------------|--------|
| Your meal comes with the choice of: | Student Lunch | \$4.00 |
| Fruit and Vegetable | Entrée Only | \$3.00 |
| Milk, or Water | Adult Lunch | \$4.00 |

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich

Tuesday: Cheeseburger on a Bun

Wednesday: Chicken Nuggets

Thursday: Hot dog on a bun

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 |
|---|---|--|---|--|
| 2 Pasta with Meat Sauce Peas and Carrots Fresh or Chilled Fruit | 3 Meatball Hero With Marinara Caesar Salad Fresh or Chilled Fruit | 4 Sweet and Sour Chicken Steamed Rice Fresh or Chilled Fruit | 5 Grilled Chicken Sandwich With Bacon Steamed Corn Fresh or Chilled Fruit | 6 Cheese or Pepperoni Pizza Freshly Prepared Salad Fresh or Chilled Fruit |
| 9 Chicken Nuggets Breadstick Mashed Potatoes Green Beans Fresh or Chilled Fruit | 10  Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit | 11 Cheese Tortellini With Marinara Garlic Breadstick Fresh or Chilled Fruit | 12 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit | 13 Cheese or Pepperoni Pizza Freshly Prepared Salad Fresh or Chilled Fruit |
| 16 Ravioli with Marinara Sauce Breadstick Veggies Dippers Fresh or Chilled Fruit | 17 Breakfast For Lunch French Toast Breakfast Sausage Hashbrown Fresh or Chilled Fruit | 18 Cheese or Pepperoni Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit | 19 Early Dismissal | 20 NO SCHOOL |
| 23 | 24 | 25 | 26 | 27 |
| HAPPY HOLIDAYS | | | | |
| 30 | 31 | Enjoy your Winter Break & Have a Happy New Year! | | |

Questions or Concerns? Please visit www.maschiofood.com
Or call Josh Stonecypher at: 814-421-8377

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



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"