



St Paul Catholic
September 2019 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 \$4.25
Your meal comes with the choice of: Entrée Only \$3.00
Fruit and Vegetable
Milk, or Water Adult Lunch \$4.25

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 Labor Day No School	3 Ham and Cheese On a Pretzel Bun Fresh or Chilled Fruit	4 Chicken Quesadilla Black Beans And Rice Fresh or Chilled Fruit	5 Hamburger or Cheeseburger On a Bun Emoji Fries Fresh or Chilled Fruit	6 Dominoe's Cheese or Pepperoni Pizza Tater Tots Fresh or Chilled Fruit
9 Crispy Chicken Sandwich with Lettuce & Tomato Fresh Veggie Dippers Fresh or Chilled Fruit	10 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Southwest Fiesta Corn Fresh or Chilled Fruit	11 All Natural Beef Hot Dog Oven Baked Onion Rings Baked Beans Fresh or Chilled Fruit	12 Pasta with Meat Sauce Garlic Bread Green Beans Fresh or Chilled Fruit	13 Dominoe's Cheese or Pepperoni Pizza French Fries Fresh or Chilled Fruit
16 Chicken Nugget Basket Breadstick Tater Tots Fresh or Chilled Fruit	17 Grilled Cheese Sandwich Tomato Soup Cucumber Coins Fresh or Chilled Fruit	18 Breakfast for Lunch Pancakes Breakfast Sausage Hash Browns Fries or Chilled Fruit	19 Sweet and Sour Popcorn Chicken Rice Steamed Broccoli Fresh or Chilled Fruit	20 Dominoe's Cheese or Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
23 Grilled Chicken Sandwich Country Slaw Fresh or Chilled Fruit	24 Sausage Egg And Cheese Sandwich Hash Browns Fresh or Chilled Fruit	25 Creamy Macaroni and Cheese Warm Garlic Breadstick Applesauce Cup Fresh or Chilled Fruit	26 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Rice Black bean and corn Salad	27 Dominoe's Cheese or Pepperoni Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
30 Popcorn Chicken Dinner Roll Peas and Carrots Fresh or Chilled Fruit				

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"