



# March 2019

Perth Amboy Catholic School  
Lunch

Price List Student Lunch: \$3.50 Reduced Lunch: \$0.40 Adult Lunch: \$4.00

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

**1**

- Domino's Pizza
- Freshly Prepared Italian House Salad
- Assorted Fresh or Chilled Fruit

**8**

- Domino's Pizza
- Freshly Prepared Spring Mix Salad
- Assorted Fresh or Chilled Fruit

**8**

**15**

- Domino's Pizza
- Freshly Prepared Creamy Cucumber Salad
- Assorted Fresh or Chilled Fruit

**4**



- Pancakes
- Breakfast Sausage
- Tater Tots
- Assorted Fresh or Chilled Fruit

**5**

- Hamburger on a Bun or Cheeseburger on a Bun
- Potato Wedges
- Assorted Fresh or Chilled Fruit

**6**



Half Day - No Lunch Served

**7**



- Chicken Nacho Platter with Chicken, Tortilla Chips, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa
- Southwestern/Fiesta Corn
- Assorted Fresh or Chilled Fruit

**11**



- Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese
- Dinner Roll
- Assorted Fresh or Chilled Fruit

**12**

- Roast Turkey with Gravy
- Butternut Squash
- Warm Breadstick
- Assorted Fresh or Chilled Fruit

**13**



- Sloppy Joe on a Bun
- Crinkle Cut French Fries
- Assorted Fresh or Chilled Fruit

**14**



- Scoop A Bowl with Taco Meat Lettuce & Tomato Cup Shredded Cheddar Cheese & Salsa
- Steamed Corn
- Assorted Fresh or Chilled Fruit

**18**

- Turkey and Cheese Panini
- Baked Sweet Potato
- Maschio's Lemon/Cherry Frozen Sorbet

**19**

- BBQ Grilled Chicken Sandwich
- Emoji Fries
- Assorted Fresh or Chilled Fruit

**20**

- Chicken and Cheese Quesadilla with Salsa
- Steamed Corn
- Assorted Fresh or Chilled Fruit

**21**

- Pasta Day with Meat Sauce
- Dinner Roll
- Green Beans
- Assorted Fresh or Chilled Fruit

**22**

- Domino's Pizza
- Freshly Prepared Italian House Salad
- Assorted Fresh or Chilled Fruit

**25**

- Ham and Cheese Melt on a Pretzel Bun
- Cheesy Broccoli
- Assorted Fresh or Chilled Fruit

**26**

- Twin Tacos with Lettuce & Tomato Cup Shredded Cheddar Cheese & Salsa
- Black Beans
- Assorted Fresh or Chilled Fruit

**27**

- Macaroni & Cheese
- Whole Grain Soft Pretzel Rod
- Cooked Carrots
- Assorted Fresh or Chilled Fruit

**28**

- Hamburger on a Bun or Cheeseburger on a Bun with Bacon
- Potato Wedges
- Assorted Fresh or Chilled Fruit

**29**

- Domino's Pizza
- Veggie Dippers
- Assorted Fresh or Chilled Fruit

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**Lunch Tickets:** Are available in the Cafeteria. , 10 for \$35.00 or 20 for \$70.00 , Please make Checks Payable to , Perth Amboy Catholic School

**Daily Swap Outs:** Bagel Bag, All-Natural Beef Hot Dog on a Bun, Cereal Bag, Chicken Fries

**All Meals Served** All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

**Nutrition Info K-8** Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

**Menus are Subject to Change** The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit [www.maschiofood.com](http://www.maschiofood.com) for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

**EOE Statement** Maschio's Food Services, Inc. is an Equal Opportunity Employer.

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