

St. Thomas Aquinas Catholic School

Lunch Menu

Healthy Meals



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crispy Chicken Sandwich with Provolone Cheese and Bacon Seasoned Potato Wedges	2 Meatball Parm Sandwich Roasted Vegetables	3 Taco and Cheese Calzones Seasoned Black Beans	4 Pizza Day! Papa Johns Cheese or Pepperoni Freshly Prepared Caesar Salad	5 Cinco De Mayo No School
8 Creamy Mac and Cheese Garlic Breadstick	9 Chicken Philly with Peppers and Onions Crinkle Cut French Fries	10 Beef and Cheese Empanada with Plantains	11 Teriyaki Meatballs with Steamed Rice and Green Beans	12 Pizza Day! Papa Johns Cheese or Pepperoni Maschio's House Salad
15 Chicken Alfredo Pasta Garlic Breadstick Sauteed Broccoli	16 Breakfast for Lunch Pancakes with Breakfast Sausage and Tater Tots	17 Cheese Lasagna Roll Ups with Meatballs Garlic Breadstick	18 Sausage, Egg and Cheese on a Biscuit Tater Tots	19 Pizza Day! Papa Johns Cheese or Pepperoni Freshly Prepared Caesar Salad
22 Three Cheese Grilled Cheese with Bacon Tomato Soup	23 Popcorn Chicken Mashed Potato Bowl With Cheddar Cheese, Gravy, and Corn	24 Chicken Tikka Masala with Peas over Rice with Naan	25 Cheese Ravioli with Marinara Garlic Breadstick	26 Pizza Day! Papa Johns Cheese or Pepperoni Maschio's House Salad
29 Memorial Day No School	30 Taco Tuesday! Taco Meat with Lettuce, Tomatoes, Shredded Cheese, Tostitos Scoops Seasoned Rice	31 Breakfast for Lunch French Toast with Breakfast Sausage and Tater Tots	Daily Swap Outs : Monday: Cheeseburger on a Bun Tuesday: Chicken Nuggets	Wednesday: Pizza Crunchers with Marinara Thursday: Hot Dog on a Bun Friday: Freshly Prepared Salad with Chicken

All of our meals are served with Vegetable of the Day, and/or a selection from Harvest Market, Assorted Fresh or Chilled Fruit of the Day and choice of Low-Fat or Fat-Free Milk.

 <p>The Plate</p> <p>A hearty and comforting variety of favorite dishes covering a wide range of tastes.</p>	 <p>The Pizza Stone</p> <p>Daily assortment of fresh dough pizzas, calzones, strombolis, flatbreads & pastas.</p>	 <p>The Grill</p> <p>Daily features include paninis, hamburgers, cheeseburgers, varieties of sliders, Philly cheesesteaks, & grilled cheese sandwiches.</p>	 <p>The Cutting Board</p> <p>Sandwiches and wraps made to order. Assorted quality deli meat and cheese on fresh rolls and wraps with a variety of fresh toppings.</p>	 <p>The Market</p> <p>Fresh daily selection of grab and go meals like grilled chicken Caesar salad, assorted fruit & yogurt parfaits with granola, and hummus platters.</p>	 <p>Harvest Market</p> <p>Fresh vegetables, feature salads, bean salads and veggie dippers.</p>
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* Local produce will be sourced when available. Menu is subject to change.



QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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Healthy meals grow

healthy kids!