
















March 2023

Berks Catholic High School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<p>Lunch Price</p> <ul style="list-style-type: none"> • Student Lunch: \$5.00 • Adult Lunch: \$5.50 	<ul style="list-style-type: none"> • General Tso's Chicken • Vegetable Lo Mein • Vegetable Egg Roll 	<p> READ ACROSS AMERICA DAY</p> <ul style="list-style-type: none"> • Grilled Cheese Sandwich • Tomato Soup • Apple Pretzel 	<p> Pizza Day</p> <ul style="list-style-type: none"> • Cheese Pizza • Carrot Sticks • Celery Sticks
6	7	8	9	10
<ul style="list-style-type: none"> • Cheeseburger on a Bun • Tater Tots 	<p>New Recipe</p> <p> Brunch for Lunch</p> <p> DIG IN TO SCHOOL BREAKFAST March 6-10 2023</p> <ul style="list-style-type: none"> • French Toast Bake • Mixed Berry Compote • Cheese Omelet • Breakfast Sausage 	<p>New Recipe</p> <p> INTERNATIONAL Women's Day</p> <p> Registered Dietitian Day Dietitian's Pick</p> <ul style="list-style-type: none"> • Mediterranean Rice Bowl 	<p> National Meatball Day</p> <ul style="list-style-type: none"> • Black Pepper Garlic Meatballs • Vegetable Lo Mein • Roasted Garlic Green Beans 	<p>New Recipe</p> <ul style="list-style-type: none"> • Cheese Lasagna Roll-Up with Marinara Sauce • Freshly Prepared Caesar Salad
13	14	15	16	17
<p> MEATLESS Monday</p> <ul style="list-style-type: none"> • Creamy Mac & Cheese • Herb Breadstick • Broccoli Dippers 	<p> Taco Tuesday</p> <ul style="list-style-type: none"> • Beef Tacos • Fiesta Rice & Beans 	<ul style="list-style-type: none"> • Spicy Chicken Patty On A Bun • Vegetarian Baked Beans 	<p> Brunch for Lunch</p> <ul style="list-style-type: none"> • Sausage, Egg and Cheese on a Bagel • Breakfast Potatoes 	<p> St. Patrick's Day</p> <p> Pizza Day</p> <ul style="list-style-type: none"> • French Bread Pizza • Cucumber Coins • Green Sorbet
20	21	22	23	24
<ul style="list-style-type: none"> • Sweet and Sour Popcorn Chicken • Vegetable Lo Mein • Vegetable Egg Roll 	<ul style="list-style-type: none"> • Rodeo Burger on a Bun • Emoji Fries 	<p>New Recipe</p> <p> Brunch for Lunch</p> <ul style="list-style-type: none"> • Crispy Chicken and Egg on a Biscuit • Hash Browns 	<p> Triple Dipper Basket</p> <ul style="list-style-type: none"> • Chicken Fries • Soft Pretzel Stick • Crinkle Cut French Fries 	<ul style="list-style-type: none"> • Twisted Cheesy Breadsticks with Marinara Sauce • Fresh Veggie Dippers
27	28	29	30	31
<p>New Recipe</p> <ul style="list-style-type: none"> • Crispy Chicken Snack Wrap • Cucumber Coins 	<ul style="list-style-type: none"> • Popcorn Chicken Mashed Potato Bowl with Corn, Shredded Cheddar Cheese, and Gravy 	<ul style="list-style-type: none"> • Beef Taco Scoop-A-Bowl • Sauteed Peppers & Onions 	<ul style="list-style-type: none"> • Meatball Parm Sub • Maschio's House Salad 	<p> NATIONAL FARM WORKERS DAY</p> <ul style="list-style-type: none"> • Mini Cheese Calzones w/ Marinara Sauce • Three Bean Salad

***Menu is Subject to Change**

Lunch Served with Choice of: Fresh Fruit , Assorted Chilled Fruit , 100% Fruit Juice , Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk



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 kids!

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