



# The Village Charter School

## April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

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 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

Student Lunch \$3.25  
 Reduced Lunch \$0.40  
 Adult Lunch \$4.00

### Maschio's Swap Outs

- Monday:** Turkey Ham & Cheese Hoagie
- Tuesday:** Hamburger on a Bun
- Wednesday:** Hot Dog on a Bun
- Thursday:** Grilled Chicken Caesar Wrap
- Friday:** Turkey Salad with Dinner Roll

**\*\*NO PORK PRODUCT IS SERVED\*\***

Maschio's Swap Outs Available Daily

Yogurt Bag with Creamy Yogurt, Bagel, and Low Fat Cheese Stick

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <i>Grand Slam</i> Pretzel Hot Dog Battered French Fries 100% Juice Sorbet Opening Day	<b>4</b> Fiesta Chicken Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>5</b> Baked Ziti Garlic Bread Green Beans Italiano Fresh or Chilled Fruit or Fruit Juice	<b>6</b> <b>New Item!</b> <b>Breakfast for Lunch</b> Pancakes with Warm Berry Compote Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>7</b> Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Fruit Juice
<b>10</b> Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit or Fruit Juice	<b>11</b> Baked BBQ Chicken Seasoned Corn Fresh or Chilled Fruit	<b>12</b> <i>Lucky Tray Day</i> Macaroni & Cheese Dinner Roll Green Beans Fresh or Chilled Fruit or Fruit Juice	<b>13</b> Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	<b>14</b> School Closed
<b>17</b> School Closed	<b>18</b> School Closed	<b>19</b> School Closed	<b>20</b> School Closed	<b>21</b> School Closed
<b>Spring Recess! School Closed</b>				
<b>24</b> Chicken Nuggets Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit or Fruit Juice	<b>25</b> Grilled Cheese Sandwich Home-Style Minestrone Soup Fresh Cucumber Coins Fresh or Chilled Fruit Earth Day	<b>26</b> <b>Half Day Pasta Day</b> with Meat Sauce Garlic Breadstick Sautéed Broccoli Fresh or Chilled Fruit or Fruit Juice	<b>27</b> <b>Half Day New Item!</b> <b>Breakfast for Lunch</b> French Toast Sticks Breakfast Sausage Confetti Fries Fresh or Chilled Fruit	<b>28</b> Mini Cheese Calzones with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Fruit Juice



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Check us out on Facebook : Maschio's Food Services, Inc.

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!**

**Questions or Concerns?**  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at:  
 609-695-0110

**MENU SUBJECT TO CHANGE**



"This institution is an equal opportunity provider"