

The Village Charter School

April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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: Tuna Sandwich
Tuesday: Hot Dog on a Bun
Wednesday: Chef Salad with Dinner Roll
Thursday: Turkey BLT Sandwich
Friday: Chicken Salad with Roll
****We do not serve pork products****

Maschio's Swap Outs Available Daily

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <h2 style="color: purple; font-size: 2em;">Spring Recess! School Closed</h2>			
<p>9</p> <p>Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>10</p> <p>Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>11</p> <p>Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>12</p> <p>Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>13</p> <p>Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>
<p>16</p> <p>Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>17</p> <p>Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip</p>	<p>18</p> <p>Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit</p>	<p>19</p> <p>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>20</p> <p>Half Day Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<h2 style="color: purple; font-size: 2em;">Eat the Colors of the Rainbow Week</h2>				
<p>23</p> <p>Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>24</p> <p>Lucky Tray Day Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit</p>	<p>25</p> <p>Half Day Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>	<p>26</p> <p>Half Day National Pretzel Day Turkey Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit</p>	<p>27</p> <p>Sloppy Joe Sandwich Seasoned Corn Fresh or Chilled Fruit</p>
<p>30</p> <p>Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>				

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
 Or Call Maschio's Food Services at:
 609-695-0110

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"