

The Village Charter School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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

Maschio's Swap Outs

Monday: Tuna Sandwich

Tuesday: Hot Dog

Wednesday: Chef Salad with Dinner Roll

Thursday: Turkey BLT Sandwich

Friday: Chicken Salad w/Roll

****We do not served 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
     <h1 style="font-size: 2em; color: #4F81BD;">HAPPY HOLIDAYS</h1>				
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple or Juice	5 Philly Cheesesteak Sautéed Peppers and Onions Fresh or Chilled Fruit	6 Pasta Alfredo Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit or Juice	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	1 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice
11 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice	12 Turkey Ham & Cheese on a Pretzel Bun Seasoned Broccoli Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples or Juice	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	8 Chicken Parm Sandwich Emoji Fries Fresh or Chilled Fruit or Juice
18 Sloppy Joe Sandwich Seasoned Corn Fresh or Chilled Fruit or Juice	19 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	20 SCOOP-A-BOWL Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	21 School Closed	15 Roast Turkey with Gravy Candy Yams and Rice Fresh or Chilled Fruit or Juice
25	26	27	28	22 School Closed
<h1 style="font-size: 3em; color: #4F81BD;">Enjoy your Winter Break & Have a Happy New Year!</h1>				

MENU SUBJECT

Our well-balanced lunches available for the week, average

Questions or Concerns?

Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at:
609-695-0110


"This institution is an equal opportunity provider"