



The Village Charter School December 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

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 & Cheese Sandwich
Tuesday: Chicken Salad Sandwich
Wednesday: Tuna & Marconi Salad
Thursday: Grilled Chicken Caesar Wrap
Friday: Tuna 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
HAPPY HOLIDAYS			1 Cheesesteak Sandwich French Fries Fresh or Chilled Fruit	2 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice
5 Crispy Chicken Sandwich Potato Wedges Fresh or Chilled Fruit or Juice	6 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Corn Fresh or Chilled Fruit	7 BBQ Chicken Dinner Roll Country Slaw Baked Beans Fresh or Chilled Fruit or Juice	8 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	9 NY Style Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit or Juice
12 Popcorn Chicken Confetti Rice Green Beans Fresh or Chilled Fruit or Juice	13 Honey BBQ Wings Dinner Roll Seasoned Corn Fresh or Chilled Fruit	14 Lucky Tray Day Pasta Day with Meatballs Steamed Broccoli Fresh or Chilled Fruit or Juice	15 Holiday Feast Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Home-Style Apple Crisp	16 Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Juice
19	20	21	22	23
Enjoy your Winter Break & Have a Happy New Year!				
26	27	28	29	30



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

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!**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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

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