



# The Village Charter School

## February 2018 Lunch Menu

**NUTRITION NEWS:** February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

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  
**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
	<p><i>Keep your heart happy by choosing healthy options!</i></p>		<p><b>1 Super Bowl Celebration</b>  <b>New Recipe!</b>  <b>Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b>          Fresh Celery Sticks with Dip          Fresh or Chilled Fruit</p>	<p><b>2</b>  <b>Cheese Ravioli</b>          Freshly Prepared Italian House Salad          Fresh or Chilled Fruit</p>
<p><b>5 Meatless Monday Buffalo Mac &amp; Cheese</b>          Warm Breadstick          Seasoned Cabbage          Fresh or Chilled Fruit</p>	<p><b>6 New Recipe!</b>  <b>Southwest Turkey Flatbread with Salsa-Ranch Sauce</b>          Sweet Potato Tots          Fresh or Chilled Fruit</p>	<p><b>7 Half Day</b>  <b>Hamburger or Cheeseburger on a Bun</b>          Oven Baked Fries          Fresh or Chilled Fruit</p>	<p><b>8</b>    <b>Half Day BBQ Chicken</b>  <b>With Corn and Rice</b>          Fresh or Chilled Fruit</p>	<p><b>9 Breakfast for Lunch</b>  <b>Waffles</b>          Breakfast Sausages          Tater Tots          Fresh or Chilled Fruit</p>
<p><b>12 Chicken Nuggets</b>          Buttered Noodles          Sautéed Spinach          Fresh or Chilled Fruit</p>	<p><b>13 New Item!</b>  <b>Pepperoni Pizza</b>          Freshly Prepared Caesar Salad          Fresh or Chilled Fruit</p>	<p><b>14 Valentine's Day</b>  <b>Spaghetti with Meatballs &amp; Marinara Sauce</b>          Warm Garlic Breadstick          Freshly Prepared Spring Mix Salad          Strawberry Applesauce</p>	<p><b>15 Chinese New Year Celebration</b>  <b>Sweet &amp; Sour Popcorn Chicken with Rice</b>          Steamed Broccoli          Mandarin Oranges          Fortune Cookie</p>	<p><b>16 All-Natural Beef Hot Dog on a Bun</b>          Baked Beans          Fresh Veggie Dippers          Fresh or Chilled Fr</p>
<p><b>19 President's Day</b>  <b>School Closed</b></p>	<p><b>20 NASCAR "Race to Good Nutrition"</b>  <b>Grilled Chicken Caesar Salad Wrap</b>          Freshly Prepared Three Bean Salad          Fresh or Chilled Fruit</p>	<p><b>21 Personal Pan Pizza</b>          Freshly Prepared Cucumber &amp; Tomato Salad          Fresh or Chilled Fruit</p>	<p><b>22 Twin Tacos with Taco Meat, Shredded Cheddar Cheese</b>          Lettuce, Tomato &amp; Salsa          Rice          Steamed Corn          Fresh or Chilled Fruit</p>	<p><b>23 Half Day</b>  <b>Crispy Chicken BLT on a Croissant</b>          Fresh Veggie Dippers          Fresh or Chilled Fruit</p>
<p><b>26 New Item!</b>  <b>Pizza Crunchers with Marinara Sauce</b>          Freshly Prepared Garden Salad          Fresh or Chilled Fruit</p>	<p><b>27 National Tortilla Chip Day</b>  <b>New Recipe!</b>  <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b>  <b>Southwestern Slaw</b>          Fresh or Chilled Fruit</p>	<p><b>28 Breakfast for Lunch</b>  <b>Pancakes</b>          Breakfast Sausages          Maple Cinnamon          Potato Tots          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](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at:  
 609-695-0110

MENU SUBJECT



"This institution is an equal opportunity provider"