



The Village Charter School February 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

February is Heart Healthy Month!

Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

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 MAIN EVENT

Maschio's Swap Outs

Monday: Turkey & Cheese Hoagie

Tuesday: Egg Salad Sandwich

Wednesday: Grilled Chicken Salad

Thursday: Grilled Chicken Caesar Wrap

Friday: Turkey Ham & Cheese Sandwich

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

Maschio's Swap Outs Available Daily

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



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Day with Meat Sauce Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit or Juice	2 Stadium Pretzel Dog Smile Fries Fresh Orange Wedges Super Bowl Celebration	3 Personal Pan Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit or Juice
6 NY Style Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit Or Juice	7 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	8 Half Day New Item! Ham & Cheese Melt on a Pretzel Bun Home-Style Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit or Juice	9 Half Day Chicken Fajita Wrap with Cheddar Cheese, Peppers & Onions Battered French Fries Fresh or Chilled Fruit	10 Chicken Nuggets Warm Pretzel Stick Seasoned Peas Fresh or Chilled Fruit or Juice
13 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit Or Juice	14 New Item! Turkey Club on a Roll with Turkey Bacon, Lettuce & Tomatoes Fresh Veggie Dippers Fresh or Chilled Fruit Heartzel's Pretzels Valentine's Day	15 Chicken Fried Rice Vegetarian Eggroll Fortune Cookie Fresh or Chilled Fruit or Juice	16 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 Mini Cheese Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice
20 School Closed Presidents' Day	21 Buffalo Chicken Macaroni & Cheese Warm Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	22 Lucky Tray Day! Roast Turkey with Gravy over Rice Seasoned Corn Fresh or Chilled Fruit or Juice	23 New Item! All Beef Burger on a Bun with choice of toppings: Lettuce, Tomatoes, & Onions Carrot Raisin Salad Fresh or Chilled Fruit NASCAR "Race to Good Nutrition"	24 Half Day Stuffed Crust Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Juice
27 New Item! Chicken & Cheese Quesadilla Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit Or Juice National Tortilla Day	28 Breakfast for Lunch Waffles Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>		

MENU SUBJECT TO CHANGE

Our well-balanced lunches available for the week, average between **600-650 calories**, with **less than 10%** of total calories

Questions or Concerns?

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



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