



# The Village Charter School

## January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

**Ring in the New Year with healthy achievable goals!**

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

Student Lunch \$3.25

Reduced Lunch \$0.40

Adult Lunch \$4.00

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

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Chicken Salad Sandwich

**Wednesday:** Grilled Cheese Sandwich

**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
2 <b>School Closed</b>	3 <b>Chicken Nuggets</b> Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit or Juice	5 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 <b>Mini Pizza Bagels</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice
9 <b>Popcorn Chicken</b> Dinner Roll Sweet Potato Fresh or Chilled Fruit or Juice	10 <b>New Item!</b> <b>Hot Turkey &amp; Cheese Melt on a Croissant Roll</b> Smile Fries Fresh or Chilled Fruit	11 <b>Pulled BBQ Chicken</b> Corn on the Cob Fresh or Chilled Fruit or Juice	12 <b>Corn Dog Nuggets</b> Seasoned Potato Wedges Fresh or Chilled Fruit	13 <b>Stuffed Crust Cheese Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit or Juice
16 <b>School Closed</b>	17 <b>Grilled Cheese Sticks with Tomato Soup</b> Fresh Cucumber Dippers Fresh or Chilled Fruit	18  Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit or Juice	19  <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 <b>New York Style Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit or Juice
23 <b>Crispy Chicken Sandwich</b> Vegetable Medley Fresh or Chilled Fruit or Juice	24 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	25 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit or Juice	26 <b>Mini Cheese Calzones with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit	27 <b>Chinese New Year</b> <b>Sweet &amp; Sour Popcorn Chicken</b> Rice Steamed Broccoli Fresh or Chilled Fruit or Juice Fortune Cookie
30 <b>Chili Fries</b> Green Beans Fresh or Chilled Fruit or Juice	31 <b>Hamburger or Cheeseburger on a Bun</b> BBQ Baked Beans Steamed Corn Strawberry Applesauce 			

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"

### Questions or Concerns?

Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at:  
609-695-0110

 Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)



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