

# The Village Charter School

## January 2018 Lunch Menu

**NUTRITION NEWS:** It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal-start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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:** Mozzarella Sticks w/Sauce  
**Tuesday:** Mini Corn Dogs  
**Wednesday:** Fish Sticks with Tartar Sauce  
**Thursday:** Turkey BLT Salad  
**Friday:** Chicken Salad Sandwich

\*\*We do not serve 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
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>School Closed</b>	3 Bella's Pizza New York Style Freshly Prepared Caesar Salad Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Hamburger or Cheeseburger On a Bun Oven Baked Fries Fresh or Chilled Fruit
8 <b>New Recipe!</b> Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 <b>Breakfast For Lunch</b> Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 <b>National Milk Day</b> Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 <b>Half Day</b> Assorted Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 Chicken Lo Mein Steamed Peas Fresh or Chilled Fruit	17 Pretzel Dog with Baked Beans Fresh or Chilled Fruit	18 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	19 Italian Hoagie with Pickles Country Potato Salad Fresh or Chilled Fruit
22 Personal Pan Pizza Black Bean Salsa Fresh or Chilled Fruit	23 <b>Taco Tuesday</b> Chicken Tacos Pepper & Onions Fresh or Chilled Fruit	24 <b>Winter Picnic</b> BBQ Grilled Chicken Sandwich Baked Beans Fresh or Chilled Fruit	25 Pizza Burger On a Bun Corn Fresh or Chilled Fruit	26 All-Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit
29 Sweet & Sour Pineapple Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	30 <b>Breakfast For Lunch</b> Pancakes Breakfast Sausages Tater Tots Strawberry Applesauce	31 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit		

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 TO CHANGE

Maschio's  
Food Services, Inc.

"This institution is an equal opportunity provider"