

The Village Charter School June 2018 Lunch Menu

NUTRITION NEWS: Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

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: Pizza Crunchers

Tuesday: Cheeseburger or Hamburger on a Bun

Wednesday: Roast Beef Sandwich

Thursday: Turkey BLT Sandwich

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
enjoy your Summer Vacation!				
<p>4 Sweet and Sour Chicken with Rice Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 Pasta Alfredo with Chicken Soft Pretzel Stick Steamed Spinach Fresh or Chilled Fruit</p>	<p>6 Meatball Parm Hero Steamed Peas Fresh or Chilled Fruit</p>	<p>7 Grilled Cheese Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit</p>	<p>1 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>11 Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>12 Philly Cheesesteak Hero with Peppers & Onions Oven Baked Fries Fresh or Chilled Fruit</p>	<p>13 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>14 Hamburger or Cheeseburger on a Bun Mashed Potatoes Fresh or Chilled Fruit</p>	<p>8 Half Day Mini Cheese Calzones Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>18 Breakfast for Lunch Mini Pancakes Breakfast Sausages Breakfast Potatoes Fresh or Chilled Fruit</p>	<p>19 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>20 Half Day Ham & Cheese Melt on a Croissant Emoji Fries Fresh or Chilled Fruit</p>	<p>21 Half Day Buffalo Chicken Wrap Freshly Prepared Pasta Salad Fresh or Chilled Fruit</p>	<p>15 Assorted Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>25 Half Day Crispy Chicken Sandwich on a Pretzel Bun Corn on the Cob Fresh or Chilled Fruit LAST DAY</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>22 Half Day Teriyaki Chicken with Rice Steamed Vegetables Fresh or Chilled Fruit</p>
			<p style="font-size: 2em; color: #e91e63;">FUN and SUN</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
Or Call Maschio's Food Services at:
609-695-0110

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"