



# The Village Charter School

## June 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). **Don't forget to select a cold low-fat milk with your lunch!**

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:** Mozzarella Sticks w/ Marinara Sauce

**Tuesday:** Tuna Sandwich

**Wednesday:** Hot Dog on a Bun

**Thursday:** Grilled Chicken Caesar Wrap

**Friday:** Hamburger on a Bun

**\*\*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



**FUN**  
and  
**SUN**



**1**  
**Hamburger or Cheeseburger on a Bun**  
Sweet Potato Fries  
Fresh or Chilled Fruit

**2**  
**Mini Cheese Calzones with Marinara Sauce**  
Freshly Prepared Garden Salad  
Fresh or Chilled Fruit

**5**  
**Chicken Nuggets**  
Dinner Roll  
Steamed Vegetables  
Fresh or Chilled Fruit

**6**  
**Turkey or Veggie Burger**  
Corn  
Fresh or Chilled Fruit

**7**  
**Meatball Hero**  
Green Beans  
Fresh or Chilled Fruit

**8**  
**Grilled Cheese Sandwich**  
Potato Wedges  
Steamed Vegetables  
Fresh or Chilled Fruit

**9**  
**Half Day New York Style Pizza**  
Freshly Prepared Caesar Salad  
Fresh or Chilled Fruit

**12**  
**Sweet & Sour Chicken**  
Rice  
Steamed Vegetables  
Fresh or Chilled Fruit

**13**  
**Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa**  
Steamed Corn  
Fresh or Chilled Fruit

**14**  
**Chicken Fajita**  
Peppers & Onions  
Fresh or Chilled Fruit

**15**  
**Beefaroni**  
Green Beans  
Fresh or Chilled Fruit

**16**  
**Assorted Pizza Selection**  
Steamed Vegetables  
Fresh or Chilled Fruit

**19**  
**Hot Dog on a Bun**  
Baked Beans  
Fresh or Chilled Fruit

**20**  
**Chicken Patty on a Bun**  
French Fries  
Fresh or Chilled Fruit

**21**  
**Half Day Cheese Tortellini**  
Dinner Roll  
Green Beans  
Fresh or Chilled Fruit

**22**  
**Half Day Chicken Dippers**  
Dinner Roll  
Steamed Vegetables  
Fresh or Chilled Fruit

**23**  
**Last Day of School! Half Day Assorted Pizza**  
Assorted Vegetables  
Fresh or Chilled Fruit

enjoy your

**Summer Vacation!**



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

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**



"This institution is an equal opportunity provider"



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