



The Village Charter School

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward"® by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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: 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
<p>HAPPY SPRING!</p>		<p>1 Pasta Alfredo with Garden Veggies Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit or Juice</p>	<p>2 "Sam I Am" Grilled Cheese with Turkey Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet Dr. Seuss' Birthday- Read Across America</p>	<p>3 Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit or Juice</p>
<p>6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit or Juice</p>	<p>7 Hamburger on a Bun Cajun Potato Wedges Fresh or Chilled Fruit</p>	<p>8 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit or Juice</p>	<p>9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit</p>	<p>10 NY Style Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Juice</p>
<p>ARE YOU UP FOR THE CHALLENGE? CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!</p>				
<p>13 Chicken Tenders Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit or Juice</p>	<p>14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>15 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit or Juice</p>	<p>16 BBQ Baked Chicken Dinner Roll Seasoned Green Beans Fresh or Chilled Fruit</p>	<p>17 Lucky Tray Day Personal Pan Cheese Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit or Juice</p>
<p>20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp or Fruit Juice</p>	<p>21 Chicken Lo Mein Oriental Vegetables Veggie Eggroll Fortune Cookie Fresh or Chilled Fruit</p>	<p>22 Grilled Cheese Sandwich Chicken Noodle Soup Fresh Veggie Dippers Fresh or Chilled Fruit or Juice</p>	<p>23 Chicken Fajita Bowl Rice Sautéed Peppers and Onions Fresh or Chilled Fruit</p>	<p>24 Half Day Mini Cheese Calzones with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit or Juice</p>
<p>1st Day of Spring</p>	<p>27 Baked Chicken Dinner Roll Mashed Potato w/ Gravy Seasoned Corn Fresh or Chilled Fruit or Juice</p>	<p>28 Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit</p>	<p>29 Beefaroni Garlic Bread Sautéed Spinach Fresh or Chilled Fruit or Juice</p>	<p>30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>
				<p>31 Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit Juice</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!**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Questions or Concerns?

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



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

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