

The Village Charter School

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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: Tuna Sandwich

Tuesday: Hot Dog on a Bun

Wednesday: Chef Salad with Dinner Roll

Thursday: Turkey BLT Sandwich

Friday: Chicken Salad with Roll





Maschio's Swap Outs Available Daily

Yogurt Bag with Creamy Yogurt, Bagel, and Low Fat Cheese Stick

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	2 School Closed Dr. Seuss' Birthday Read Across America
5 Popcorn Chicken Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit or Juice	6 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	7 Pasta with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit or Juice	8 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Battered French Fries Fresh or Chilled Fruit	9 Mini Pizza Bagels Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Juice
 SCHOOL BREAKFAST National School Breakfast Week				
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit or Juice	13 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	14 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit or Juice	15 Sloppy Joe Sandwich Corn Fresh or Chilled Fruit	16 Lucky Tray Day! New Recipe! Bella's Pizza New York Style Freshly Prepared Caesar Salad Gelatin Fruit Cup or Fruit Juice
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit or Juice	20 Spring Picnic Pretzel Dog Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit or Juice	22 Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit	23 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit or Juice
26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit or Juice	27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	28 Philly Cheesesteak Sandwich Peppers & Onions Fresh or Chilled Fruit or Juice	29  Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	30 School Closed

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"