



The Village Charter School May 2016 Lunch Menu

Mac's Nutrition News Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

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 MAIN EVENT

Maschio's Swap Outs

Monday: Turkey & Cheese Sandwich
Tuesday: Chicken Salad Sandwich
Wednesday: Buffalo Chicken Wrap
Thursday: Grilled Chicken Caesar Wrap
Friday: Chef Salad with Dinner Roll

Maschio's Swap Outs Available Daily

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



Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily



Check us out on Facebook : [Maschio's Food Services, Inc.](#)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	3 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	4 New Item! STAR WARS DAY Chewbacca Cheesesteak Sandwich Vader Tater Tots Fresh or Chilled Fruit	5 CINCO DE MAYO Chicken & Cheese Quesadilla with Salsa Black Bean & Corn Salad Fresh or Chilled Fruit	6 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Popcorn Chicken Breadstick Honey Glazed Carrots Fresh or Chilled Fruit	10 Beef Nacho Platter with Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	11 Lucky Tray Day Home-Style Mac and Cheese Soft Pretzel Stick Sautéed Spinach Fresh or Chilled Fruit	12 Meatball Sandwich Green Beans Fresh or Chilled Fruit	13 New Item! Garlic French Bread Pizza with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
16 New Items! Ireland Irish Nachos: Loaded Potato Wedges with Diced Ham and Shredded Cheddar Cheese Dinner Roll Broccoli Pear Gelatin Cup	17 Greece Chicken Gyro Pita Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	18 Germany All Beef Frankfurter on a Bun Mini Potato Pancakes with Sour Cream Apple Sauce	19 Japan Teriyaki Chicken Steamed Rice Stir Fry Vegetables Fresh or Chilled Fruit Fortune Cookie	20 New Items! Italy Wedge Cheese Pizza Italian House Salad 100% Juice Italian Ice
23 Crispy Chicken Sandwich Veggie Dippers Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Pasta Day with Meat Sauce Broccoli Fresh or Chilled Fruit	26 New Item! BBQ Day Hamburger on a Bun Creamy Coleslaw BBQ Baked Beans Blueberry Gelatin Cup	27 Cheese Pizza Green Beans Fresh or Chilled Fruit
30 Memorial Day School Closed 	31 Chicken Fries Dinner Roll Seasoned Corn Fresh or Chilled Fruit	<p>Celebrate World Food Week! May 16th-20th</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

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



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