



# The Village Charter School

## May 2018 Lunch Menu

**NUTRITION NEWS:** May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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
- Wednesday:** Buffalo Chicken Wrap
- Thursday:** Turkey BLT Sandwich


Maschio's Swap Outs Available Daily

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

Connect with   



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Pizza Burger on a Bun</b> Confetti Fries Fresh or Chilled Fruit  <b>National Hamburger Month</b>	2 <b>Smothered Chicken Butter Noodles</b> String Beans  Fresh or Chilled Fruit	3 <b>CINCO DE MAYO Celebration</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 <b>STAR WARS DAY</b> <b>Lightsaber Pizza Sticks with Marinara Sauce</b> Chewbacca Cucumber Coins Fresh or Chilled Fruit  <b>School Lunch Hero Day</b>
7 <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 <b>Pasta Primavera Alfredo with Garden Vegetables</b> Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 <b>Meatball Parm Sub</b> Peas and Carrots Fresh or Chilled Fruit	10 <b>BBQ Rib Sandwich on a Bun</b> Sweet Corn Fresh or Chilled Fruit	11 <b>Turkey Hoagie</b> Baked Fries Fresh or Chilled Fruit
14 <b>Meatless Monday Grilled Cheese Sandwich</b> Baked Fries Fresh or Chilled Fruit	15 <b>Lucky Tray Day</b> <b>Chicken Sticks with Waffle Sticks</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	16 <b>Pepperoni Pizza</b> Freshly Prepared Veggie Dippers Fresh or Chilled Fruit	17 <b>Cheese Quesadilla with Salsa</b> Southwestern Corn Fresh or Chilled Fruit <b>National Salsa Month</b>	18 <b>Half Day Baked Ziti</b> Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 <b>Southwest Turkey Flatbread with Salsa-Ranch Sauce</b> Potato Wedges Fresh or Chilled Fruit	22 <b>Hot Dog on a Bun</b> Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit <b>National BBQ Month</b>	23 <b>Buffalo Mac &amp; Cheese</b> Soft Pretzel Stick Seasoned Cabbage Fresh or Chilled Fruit	24 <b>Roast Turkey with Gravy Candy Yams and Rice</b> Fresh or Chilled Fruit	25 <b>Buffalo Chicken NY Style Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 <b>Memorial Day</b>  <b>School Closed</b>	29 <b>BBQ Chicken Wings</b> Baked Potato Fresh or Chilled Fruit	30 <b>Chicken Parm with Pasta</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 <b>Cheeseburger Mac and Cheese</b> Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	

## Vegetarian Awareness Week

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

