



# The Village Charter School November 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

## Mac's Nutrition News

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.

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:** Tuna & Marconi Salad  
**Thursday:** Grilled Chicken Caesar Wrap  
**Friday:** Tuna Salad with Dinner Roll

Maschio's Swap Outs Available Daily

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



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1  <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	2 <b>Pasta Day with Meatballs</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit or Juice	3 <b>New Item! Sandwich Day</b> <b>Crispy Chicken BLT on a Croissant</b> Sweet Potato Fries Fresh or Chilled Fruit	4 <b>Personal Pan Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit Or Juice
7 <b>Chicken Nuggets</b> Dinner Roll Seasoned Carrots Fresh or Chilled Fruit or Juice	8 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	9  <b>Lucky Tray Day Sloppy Joe Sandwich</b> Green Bean Salad Fresh or Chilled Fruit or Juice	10 <b>Half Day Tuna Melt</b> Seasoned Broccoli Fresh or Chilled Fruit	11 <b>Veterans Day Half Day Breakfast Pizza</b> Tater Tots Fresh or Chilled Fruit or Juice
14 <b>Popcorn Chicken</b> Dinner Roll Steamed Corn Fresh or Chilled Fruit Or Juice	15 <b>Cheesesteak Sub</b> Mixed Vegetables Fresh or Chilled Fruit	16 <b>All Natural Beef Hot Dog on a Bun</b> Fresh Veggie Dippers Spiral Fries Fresh or Chilled Fruit or Juice	17 <b>Thanksgiving Dinner Roast Turkey with Gravy</b> Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Peach Crisp	18 <b>Stuffed Crust Cheese Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit or Juice
21 <b>Half Day Breaded Chicken Sandwich on a Bun</b> Cucumber Tomato Salad Fresh or Chilled Fruit or Juice	22 <b>Half Day Breakfast for Lunch French Toast Sticks</b> Breakfast Sausage Roasted Sweet Potato Bites Fresh or Chilled Fruit	23 <b>Half Day Assorted Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice	24 <b>Happy Thanksgiving!</b>  25	
28 <b>Chicken Fries</b> Buttered Noodles Peas & Carrots Fresh or Chilled Fruit or Juice	29 <b>Macaroni and Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	30 <b>Hamburger or Cheeseburger on a Bun</b> Tater Tots Fresh or Chilled Fruit or Juice	Try to fill at least half your plate with  fruits and vegetables!	

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"