



The Village Charter School

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

Wednesday: Chef Salad with Dinner Roll

Thursday: Turkey BLT Sandwich

Friday: Chicken Salad w/Roll

****We do not served pork products****

Maschio's Swap Outs Available Daily

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

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit or Juice</p>	<p>2 National Sandwich Day Donna Wellons Turkey Club with Turkey Bacon, Lettuce & Tomatoes Chicken and Rice Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Mozzarella Sticks with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit or Juice</p>
<p>6 Turkey Hoagie with Chips and Pickles Fresh or Chilled Fruit or Juice</p>	<p>7 Breakfast for Lunch Waffles Breakfast Bacon Cheese Eggs Fresh or Chilled Fruit</p>	<p>8 Personal Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice</p>	<p>9 Half Day Chicken Tenders with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>10 School Closed</p>
<p>13 Smothered Chicken Butter Noodles String Beans Fresh or Chilled Fruit or Juice</p>	<p>14 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice and Beans Fresh or Chilled Fruit</p>	<p>15 All-Natural Beef Hot Dog on a Bun Macaroni Salad Vegetarian Baked Beans Fresh or Chilled Fruit or Juice</p>	<p>16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Fried Corn Fresh or Chilled Fruit</p>	<p>17 Sweet & Sour Chicken Steamed Rice Broccoli Fresh or Chilled Fruit or Juice</p>
<p>20 Half Day Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit or Juice</p>	<p>21 Half Day Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit</p>	<p>22 Half Day Assorted Pizza Vegetable Medley Fresh or Chilled Fruit or Juice</p>	<p>23 School Closed</p>	<p>24</p>
<p>27 Chicken and Dumplings Fresh or Chilled Fruit or Juice</p>	<p>28 French Toast Sticks Breakfast Turkey Ham Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit or Juice</p>	<p>30 Philly Cheesesteak Hero French Fries Warm Pear Crisp</p>	 <p>Happy Thanksgiving!</p> 

Our well-balanced lunches available for the week, average

Questions or Concerns?

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



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE