

November 2018

The Village Charter School

Lunch

Lunch Prices Student Lunch: \$3.25 Reduced Lunch: \$0.40 Adult Lunch: \$4.00

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Swap Out's <ul style="list-style-type: none"> • Chicken Tender Basket with Fries and Dinner Roll • Mashed Potato Bowl with Popcorn Chicken Golden Corn Shredded Cheddar Cheese and Gravy • Dinner Roll • Assorted Fresh or Chilled Fruit • Milk Variety 	2 Swap Out's <ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun • Pizza Crunchers w/ Marinara Sauce • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety
5 Swap Out's <ul style="list-style-type: none"> • Tuna Salad Sandwich • Boneless Chicken Wing or Boneless Buffalo Chicken Wing with Blue Cheese Dressing and Celery Sticks • Tater Tots • Soft Pretzel Stick • Assorted Fresh or Chilled Fruit • Milk Variety 	6 Swap Out's <ul style="list-style-type: none"> • Chef Salad • Cheesesteak Hero with Peppers & Onions • Curly Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	7 Swap Out's <ul style="list-style-type: none"> • Italian Sub • Scoop A Bowl with Taco Meat Lettuce & Tomatoes , Shredded Cheddar Cheese , and Salsa • Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety 	8 Swap Out's <ul style="list-style-type: none"> • Chicken Tender Basket with Fries and Dinner Roll • Chicken Alfredo Pasta • Fresh Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety • Garlic Breadstick 	9 School Closed
12 School Closed	13 Swap Out's <ul style="list-style-type: none"> • Chef Salad • Pizza Burger on a Bun on a Bun • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	14 Swap Out's <ul style="list-style-type: none"> • Italian Sub • Pasta with Meat Sauce • Garlic Breadstick • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety 	15 Swap Out's <ul style="list-style-type: none"> • Chicken Tender Basket with Fries and Dinner Roll • Thanksgiving Feast • Roasted Turkey with Gravy • Mashed Potatoes • Green Beans • Pumpkin Swirl Roll • Assorted Fresh or Chilled Fruit • Milk Variety 	16 Swap Out's <ul style="list-style-type: none"> • All-Natural Beef Hot Dog on a Bun • Bellas NY Style Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
19 Swap Out's <ul style="list-style-type: none"> • Tuna Salad Sandwich • Cheeseburger Mac & Cheese • Dinner Roll • Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety 	20 Swap Out's <ul style="list-style-type: none"> • Chef Salad • Twin Tacos with Taco Meat Shredded Cheddar Cheese , Lettuce & Tomatoes and Salsa • Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety 	21 Swap Out's <ul style="list-style-type: none"> • Italian Sub • Breakfast for Lunch • Waffles • Breakfast Sausages • Hash Brown Rounds • Assorted Fresh or Chilled Fruit • Milk Variety 	22 Thanksgiving - No School	23 No School



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26**Swap Out's**

- Tuna Salad Sandwich
- Harvest Salad with Herb Grilled Chicken
- Dinner Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

27**Swap Out's**

- Chef Salad
New Recipe!
Brunch for Lunch
- Cheese Omelet
- Cinnamon Twist
- Hash Brown Rounds
- Assorted Fresh or Chilled Fruit
- Milk Variety

28**Swap Out's**

- Italian Sub
- Rodeo Burger on a Bun with Onion Rings & BBQ Sauce with Oven Baked French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

29**Swap Out's**

- Chicken Tender Basket with Fries and Dinner Roll
- Boneless Chicken Wing Basket with Tater Tots and a Garlic Breadstick
- Assorted Fresh or Chilled Fruit
- Milk Variety

30**Swap Out's**

- All-Natural Beef Hot Dog on a Bun
- Rancho Style Pizza with beef, Lettuce, Tomato and Ranch Dressing
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

Maschio's Swap Out's Available Daily: Bagel & Yogurt Meal

All Meals Served 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.

Nutrition Info K-8 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!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

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