



The Village Charter School

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking you to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

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 Hoagie
Tuesday: Pretzel Dog
Wednesday: Ham and Cheese on a Bun
Thursday: Turkey BLT Wrap
Friday: Buffalo Chicken Salad w/Roll

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
2 Chicken Meatball with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit 100% Juice	3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	4 National Taco Day! Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Strawberry Applesauce	6 Pulled Chicken with Mash Potato And Corn Fresh or Chilled Fruit 100% Juice
9 School Closed	10 Bake Ziti with Meatballs Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 Breakfast for Lunch Chicken and Waffles Hash Browns Fresh or Chilled Fruit 100% Juice	12 New Recipe! #Throwback Thursday Cheeseburger Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	13 Stuffed Crust Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit 100% Juice
NATIONAL SCHOOL LUNCH WEEK				
16 Lucky Tray Day! Curry Chicken with Rice and Cabbage Fresh or Chilled Fruit 100% Juice	17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit	18 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit 100% Juice	19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Twisty Cheesy Breadsticks with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit 100% Juice
23 Hot Wings w/ Dinner Roll and Macaroni Salad Fresh Veggie Dippers Fresh or Chilled Fruit 100% Juice	24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fortune Cookie	25 Spaghetti with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit 100% Juice	26 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit	27 Chicken Nuggets Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit 100% Juice
30 New Item! Chicken Tenders Basket Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit 100% Juice	31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots 100% Juice Orange Sorbet			



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
 Or Call Maschio's Food Services at:
 609-695-0110

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"