



The Village Charter School

October 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

Show your spirit this month for National School Lunch Week!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

Student Lunch \$3.25

Reduced Lunch \$0.40

Adult Lunch \$4.00

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

Maschio's Swap Outs

Monday: Turkey & Cheese Sandwich

Tuesday: Chicken Salad Sandwich

Wednesday: Buffalo Chicken Wrap

Thursday: Grilled Chicken Caesar Wrap

Friday: Chef Salad with Dinner Roll

Maschio's Swap Outs Available Daily

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parm Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit or Juice	4 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	5 Buffalo Chicken Mac & Cheese Broccoli Fresh or Chilled Fruit or Juice	6 New Item! #ThrowbackThursday Cheeseburger Meatloaf Dinner Roll Mashed Potatoes Peas & Carrots Gelatin Fruit Cup	7 New York Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice
10 Columbus Day School Closed	11 Nacho "Party" Platter with Taco Meat, Shredded Cheese, Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	12 Super Cheesesteak Hero Spiral Fries Fresh or Chilled Fruit or Juice	13 "Fire it Up" All Natural Beef Hot Dog on a Bun Baked Beans Cucumber Slices Fresh or Chilled Fruit	14 New Item! Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Juice
SHOW YOUR SPIRIT FOR NATIONAL SCHOOL LUNCH WEEK!				
17 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit or Juice	18 New Item! Hamburger or Cheeseburger on a Bun Battered French Fries Fresh or Chilled Fruit	19 Grilled Cheese Sandwich Tomato Soup Celery Sticks Fresh or Chilled Fruit or Juice	20 New Items! Vegetarian Day Pasta Alfredo with Garden Veggies Herbed Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	21 New Item! Personal Pan Pizza Freshly Prepared Garden Salad Strawberry Applesauce Or Juice
24 Popcorn Chicken Dinner Roll Farm Fresh Country Coleslaw Farm Fresh Fruit or Juice 	25 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	26 Lucky Tray Day Pumpkin Day Grilled Chicken Breast Green Beans Fresh or Chilled Fruit or Juice Pumpkin Swirl Roll	27 BBQ Chicken Quesadilla Seasoned Carrots Fresh or Chilled Fruit	28 New Item! Mini Pizza Bagels Sautéed Spinach Fresh or Chilled Fruit or Juice
31 MONSTER Mozzarella Sticks with Marinara Sauce Breadstick Garden Salad Fresh or Chilled Fruit Or Juice 	CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH  			

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!

MENU SUBJECT TO CHANGE



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



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

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"