

# October 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
<b>1</b> Swap Out's • Tuna Salad Sandwich • Turkey Corn Dog Nuggets • Emoji Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>2</b> Swap Out's • Chef Salad • Grilled Ham & Cheese Melt on a Pretzel Bun • Tomato Soup • Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety	<b>3</b> Swap Out's • Fish Sticks with Tartar Sauce and Dinner Roll • Pasta Day with Meat Sauce • Garlic Breadstick • Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety	<b>4</b> Swap Out's • Chicken Tender Basket with Fries and Dinner Roll • Chicken Tenders • Waffles • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	<b>5</b> Swap Out's • All-Natural Beef Hot Dog on a Bun • Pizza Day • Bellas NY Style Pizza • Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>8</b> School Closed	<b>9</b> Swap Out's • Chef Salad • Beef Twin Tacos w/ Salsa • Steamed Rice with Black Beans • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	<b>10</b> Swap Out's • Fish Sticks with Tartar Sauce and Dinner Roll • Beef & Vegetable Lo Mein • Fresh Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety	<b>11</b> Swap Out's • Chicken Tender Basket with Fries and Dinner Roll • Pizza Day • Whole Wheat French Bread Pizza • Italian House Salad • Assorted Fresh or Chilled Fruit • Milk Variety	<b>12</b> Swap Out's • All-Natural Beef Hot Dog on a Bun • Popcorn Chicken • Dinner Roll • Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety
<b>15</b> Swap Out's • Tuna Salad Sandwich • Chicken Parm Hero • Onion Rings • Assorted Fresh or Chilled Fruit • Milk Variety	<b>16</b> Swap Out's • Chef Salad • Hamburger on a Bun or Cheeseburger on a Bun • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety	<b>17</b> Swap Out's • Fish Sticks with Tartar Sauce and Dinner Roll • Macaroni & Cheese • Soft Pretzel Stick • Steamed Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety	<b>18</b> Swap Out's • Chicken Tender Basket with Fries and Dinner Roll • Crispy Chicken BLT on a Roll • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>19</b> Swap Out's • All-Natural Beef Hot Dog on a Bun • Bellas NY Style Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>22</b> Swap Out's • Tuna Salad Sandwich • General Tso Chicken • Steamed Rice • Fresh Broccoli • Assorted Fresh or Chilled Fruit • Milk Variety	<b>23</b> Swap Out's • Chef Salad • Beef & Bean Burrito Bowl • with Taco Meat Shredded Cheddar Cheese, Lettuce & Tomatoes and Salsa • Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety	<b>24</b> Swap Out's • Fish Sticks with Tartar Sauce and Dinner Roll • BBQ Grilled Chicken Sandwich • Vegetarian Baked Beans • Assorted Fresh or Chilled Fruit • Milk Variety	<b>25</b> Swap Out's • Chicken Tender Basket with Fries and Dinner Roll • Pasta with Meatballs & Marinara Sauce • Garlic Breadstick • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety	<b>26</b> Swap Out's • All-Natural Beef Hot Dog on a Bun • Bellas NY Style Pizza • Freshly Prepared Italian House Salad • Assorted Fresh or Chilled Fruit • Milk Variety
<b>29</b> Swap Out's • Tuna Salad Sandwich • Lucky Tray Day • Sloppy Joe on a Bun • Golden Corn • Assorted Fresh or Chilled Fruit • Milk Variety	<b>30</b> Swap Out's • Chef Salad • All-Natural Beef Hot Dog on a Bun • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety	<b>31</b> Swap Out's • Fish Sticks with Tartar Sauce and Dinner Roll • Breakfast for Lunch • Breakfast Burrito Bowl with Breakfast Sausages Egg Shredded Cheddar Cheese And Tater Tots • Salsa • Sour Cream • 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 fro, 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](http://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.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

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