



# The Village Charter School

## May 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, Portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

**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:** Turkey Ham & Cheese Hoagie  
**Tuesday:** Hamburger on a Bun  
**Wednesday:** Hot Dog on a Bun  
**Thursday:** Grilled Chicken Caesar Wrap  
**Friday:** Turkey Salad with Dinner Roll

**\*\*NO PORK PRODUCT IS SERVED\*\***

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
<b>1</b> <b>Crispy Chicken Sandwich</b> Fresh Veggie Dippers Fresh or Chilled Fruit or Juice	<b>2</b> <b>Beefaroni</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>3</b> <b>New Item!</b> <b>Wafflelicious Wednesday</b> <b>Waffles with Warm Berry Compote</b> Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit or Juice	<b>4</b> <b>STAR WARS DAY!</b> <b>Grilled Cheese and Ham Solo Sandwich</b> Vader Tater Tots Galaxy Swirl Sorbet	<b>5</b> <b>New Items!</b> <b>CINCO DE MAYO!</b> <b>Pizza Cheese Quesadilla</b> Southwestern Corn Fresh or Chilled Fruit Warm Cinnamon Churro School Lunch Hero Day
<b>8</b> <b>China</b> <b>Sweet and Sour Chicken over Rice</b> Broccoli Mandarin Oranges or Juice	<b>9</b> <b>Mexico</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</b> Steamed Rice Steamed Corn Fresh or Chilled Fruit	<b>10</b> <b>Italy</b> <b>Mini Cheese or Pepperoni Calzones with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit or Juice	<b>11</b> <b>America</b> <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Crinkle Fries Home-Style Apple Crisp <b>National BBQ Month</b>	<b>12</b> <b>Half Day</b> <b>Germany</b> <b>All Beef Frankfurter on a Bun</b> Potato Wedges Applesauce or Fruit Juice
<b>15</b> <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit or Juice	<b>16</b> <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	<b>17</b> <b>Lucky Tray Day</b> <b>Meatball Parm Sub</b> Smile Fries Fresh Veggie Dippers Fresh or Chilled Fruit or Juice	<b>18</b> <b>Sloppy Joe Sandwich</b> Seasoned Green Beans Fresh or Chilled Fruit	<b>19</b> <b>Mini Cheese Pizza Bagels</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit or Juice
<b>22</b> <b>Popcorn Chicken</b> Confetti Rice Steamed Carrots Fresh or Chilled Fruit or Juice	<b>23</b> <b>Baked Ziti</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	<b>24</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit or Juice	<b>25</b> <b>SCOOP-A-BOWL</b> <b>with Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa</b> Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>26</b> <b>Assorted Pizza Selection</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit or Juice
<b>29</b> <b>Memorial Day</b>  <b>School Closed</b>	<b>30</b> <b>Cheesesteak Sandwich with Peppers and Onions</b> Battered French Fries Fresh or Chilled Fruit	<b>31</b> <b>Beef Chili Cheese Fries</b> Seasoned Corn Fresh or Chilled Fruit or Juice	 <b>Celebrate World Food Week!</b>	



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



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

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](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at:  
 609-695-0110

**MENU SUBJECT TO CHANGE**



"This institution is an equal opportunity provider"