

Thomas Edison Charter

December 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

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 \$3.00
 Reduced Lunch \$0.40
 Adult Lunch \$4.00

MASCHIO'S MAIN EVENT

Maschio's Swap Outs

- Monday:** Cheese Quesadilla
- Tuesday:** Chicken Caesar Salad Meal
- Wednesday:** Tuna on a Roll
- Thursday:** Crispy Chicken Salad Meal
- Friday:** All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

- Yogurt and Bagel Meal
- Veggie Burger on a Bun
- Hummus Platter



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast for Lunch Pancakes Breakfast Sausage Hash Browns Fresh or Chilled Fruit	2 Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
5 Crispy Chicken Sandwich Potato Wedges Fresh or Chilled Fruit	6 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Corn Fresh or Chilled Fruit	7 BBQ Chicken Dinner Roll Country Slaw Baked Beans Fresh or Chilled Fruit	8 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	9 NY Style Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
12 Chicken Nuggets Confetti Rice Green Beans Fresh or Chilled Fruit	13 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	14 Pasta Day with Meatballs Sautéed Spinach Fresh or Chilled Fruit	15 Holiday Feast Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Home-Style Apple Crisp	16 Assorted Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
19 School Closed	20 School Closed	21 School Closed First Day of Winter	22 School Closed	23 School Closed
26	27	28	29	30

Enjoy your Winter Break & Have a Happy New Year!

MENU SUBJECT TO CHANGE

Our well-balanced lunches available for the week, average between 550-650 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 Email us at: kswan@maschiofood.com

Cash and checks are accepted for advance meals. For online payments visit: Mealtime Online on your school website



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