



Thomas Edison Charter

January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to

create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

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
2 Roast Chicken Steamed Rice Honey Glazed Carrots Fresh or Chilled Fruit	3 Grilled Cheese Sticks with Tomato Soup Fresh Cucumber Dippers Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit	5 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 NY Style Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
9 Popcorn Chicken or Veggie Nuggets Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	10 New Item! Hot Turkey & Cheese Melt on a Croissant Sub Roll Smile Fries Fresh or Chilled Fruit	11 Pasta Alfredo with Garden Vegetables Spring Mix Salad Fresh or Chilled Fruit	12 Corn Dog Nuggets Seasoned Potato Wedges Fresh or Chilled Fruit	13 Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 School Closed Martin Luther King, Jr. Day	17 Grilled Cheese Sticks with Tomato Soup Fresh Cucumber Dippers Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit Half Day	19 Lucky Tray Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 Mini Pizza Bagels Spring Mix Salad Fresh or Chilled Fruit
23 Crispy Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	24 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	25 Student Choice Day! Mini Ravioli with Marinara Sauce Garlic Bread Caesar Salad Fresh or Chilled Fruit	26 Chinese New Year Sweet & Sour Popcorn Chicken Rice Steamed Broccoli Fresh or Chilled Fruit Fortune Cookie	27 NY Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
30 Chicken Nuggets or Veggie Nuggets Dinner Roll Potato Wedges Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun BBQ Baked Beans Steamed Corn Strawberry Applesauce Winter Picnic			

Our well-balanced lunches available for the week, average between 550-650 calories.

Questions or Concerns? Please Visit www.MaschioFood.com

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"