



Thomas Edison Charter

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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 Swap Outs

- Monday:** Cheese Quesadilla
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Yogurt Parfait with Granola
- Thursday:** Chicken Caesar 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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Alfredo with Garden Veggies Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet 	3 Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	7 Philly Cheesesteak Hero with Peppers & Onions Seasoned Potato Wedges Fresh or Chilled Fruit	8 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit	9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	10 NY Style Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 Half Day Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	16 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit	17 Lucky Tray Day Personal Pan Cheese Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit
20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp 1st Day of Spring	21 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Brown Potatoes Fresh or Chilled Fruit	22 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	23 Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit	24 NY Style Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 Popcorn Chicken Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	28 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	29 Macaroni & Cheese Warm Breadstick Vegetable Medley Fresh or Chilled Fruit	30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	31 Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit



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 550-650 calories.

Questions or Concerns? Please Visit www.MaschioFood.com

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"