



Thomas Edison Charter November 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

National Sandwich Day honors the world's first sandwich maker in the 18th century:
John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1  SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	2 Pasta Day with Meatballs Freshly Prepared Garden Salad Fresh or Chilled Fruit	3 New Item! Sandwich Day Crispy Chicken BLT on a Croissant Sweet Potato Fries Fresh or Chilled Fruit	4 Personal Pan Pizza Freshly Prepared Garden Salad
7 Chicken Nuggets Confetti Rice Steamed Carrots Fresh or Chilled Fruit	8 Breakfast for Lunch French Toast Sticks Breakfast Sausage Roasted Sweet Potato Bites Fresh or Chilled Fruit	9  Lucky Tray Day Mini Pizza Bagels Green Bean Salad Fresh or Chilled Fruit	10 Chicken and Cheese Quesadilla Corn Shredded Lettuce, Sour Cream, Tomatoes, & Salsa Fresh or Chilled Fruit	11 Veterans Day  Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
14 Popcorn Chicken Dinner Roll Steamed Corn Fresh or Chilled Fruit	15 Grilled Cheese Sandwich Tomato Soup Veggie Dippers Fresh or Chilled Fruit	16 Half Day All Natural Beef Hot Dog on a Bun Carrot Dippers Spiral Fries Fresh or Chilled Fruit	17 Thanksgiving Dinner Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Pear Crisp	18 NY Style Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Breaded Chicken Sandwich on a Bun Cucumber Tomato Salad Fresh or Chilled Fruit	22 Breakfast for Lunch Pancakes Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	23 Assorted Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	24 Happy Thanksgiving!  25	
28 Chicken Nuggets Buttered Noodles Peas & Carrots Fresh or Chilled Fruit	29 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	30 Macaroni and Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	Try to fill at least half your plate with  fruits and vegetables!	



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

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

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