



# Thomas Edison Charter

## October 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News

Show your spirit this month for National School Lunch Week!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

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:** Hot Dog on a Bun  
**Tuesday:** Tuna on a Roll  
**Wednesday:** Chicken Caesar Salad with a whole grain roll  
**Thursday:** Crispy Chicken Salad with a whole grain roll  
**Friday:** Hamburger or Cheeseburger on a Bun

### Maschio's Swap Outs Available Daily

Yogurt and Bagel Meal  
Veggie Burger on a Bun

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Chicken Parm Hero</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	4 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	5 <b>Pasta Day</b> Pasta with Meatballs Fresh Garden Salad Fresh or Chilled Fruit	6 <b>Hamburger or Cheeseburger on a Bun</b> Peas & Carrots Fresh or Chilled Fruit	7 <b>New York Style Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
10 <b>Columbus Day</b> <b>School Closed</b>	11 <b>Nacho "Party" Platter</b> with Taco Meat, Shredded Cheese, Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	12 <b>Lucky Tray Day</b> <b>Super Cheesesteak Hero</b> Spiral Fries Fresh or Chilled Fruit	13 <b>"Fire it Up" All Natural Beef Hot Dog on a Bun</b> Baked Beans Cucumber Slices Fresh or Chilled Fruit	14 <b>New Item!</b> <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
17 <b>Chicken Nuggets</b> Soft Pretzel Stick Carrots Fresh or Chilled Fruit	18 <b>New Item!</b> <b>Hamburger or Cheeseburger on a Bun</b> Battered French Fries Fresh or Chilled Fruit	19 <b>Grilled Cheese Sandwich</b> Tomato Soup Celery Sticks Fresh or Chilled Fruit	20 <b>New Items!</b> <b>Vegetarian Day</b> Pasta Alfredo with Garden Veggies Herbed Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	21 <b>New Item!</b> <b>Personal Pan Pizza</b> Freshly Prepared Garden Salad Strawberry Applesauce
24 <b>Popcorn Chicken</b> Dinner Roll Farm Fresh Country Coleslaw Farm Fresh Fruit	25 <b>CHEF DAY!</b> <b>Pumpkin Day</b> Grilled Chicken Breast Green Beans Fresh or Chilled Fruit Pumpkin Swirl Roll	26 <b>Breakfast for Lunch</b> Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	27 <b>Meatball Parm Hero</b> Potato Wedges Fresh or Chilled Fruit	28 <b>New Item!</b> <b>Mini Pizza Bagels</b> Sautéed Spinach Fresh or Chilled Fruit
31 <b>MONSTER</b> Mozzarella Sticks with Marinara Sauce Breadstick Garden Salad Fresh or Chilled Fruit	<b>CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH</b> <b>SHOW YOUR SPIRIT!</b> 			

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](http://www.MaschioFood.com)  
Or Email us at: [kswan@maschiofood.com](mailto: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"



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



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