

Thomas Edison Charter

September 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News: Jersey Fresh Farm to School Week



Farm Fresh Produce will be available from September 26th through the 30th.

Look out for the Jersey Fresh Symbol on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria.

Local fruits and vegetables are in season and taste great!

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: Hot Dog on a Bun

Tuesday: Tuna on a Roll

Wednesday: Chicken Caesar Salad with a whole grain roll

Thursday: Buffalo 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



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

We Hope You Enjoyed Your Summer Vacation!

5 Labor Day	6 NO LUNCH SERVED	7 NO LUNCH SERVED	8 NO LUNCH SERVED	9 NO LUNCH SERVED
12 SCHOOL CLOSED	13 NO LUNCH SERVED	14 NO LUNCH SERVED	15 NO LUNCH SERVED	16 NO LUNCH SERVED
19 Welcome Back Chicken Nuggets Soft Pretzel Stick Smile Fries 100% Juice Sorbet	20 New Item! Chicken Parm with Pasta Marinara Broccoli Italiano Fresh or Chilled Fruit	21 Lucky Tray Day! Half Day Crispy Chicken Sandwich Honey Glazed Carrots Fresh or Chilled Fruit	22 New Item! Breakfast for Lunch Waffle Sticks with Breakfast Sausages Hash Browns Fresh or Chilled Fruit	23 Pizza Sticks with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Popcorn Chicken Soft Pretzel Stick Roasted Jersey Fresh Vegetables Jersey Fresh Apples	27 New Item! Breakfast for Lunch Egg, & Cheese on an English Muffin Maple Cinnamon Sweet Potato Tots Jersey Fresh Fruit	28 Pasta with Meatsauce Warm Breadstick Jersey Fresh Cucumber & Tomato Salad Fresh or Chilled Fruit	29 Hamburger or Cheeseburger on a Bun Vegetarian Baked Beans Jersey Fresh Fruit	30 NY Style Pizza Jersey Fresh Pepper Dippers Fresh or Chilled Fruit

Jersey Fresh Farm to School Week

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: maschios@energysmartschool.org

Lunch Tickets are available in the cafeteria:
10 for \$0.00 / 20 for \$0.00

Please Make Checks Payable To: TECS



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