

Thomas Edison EnergySmart Charter

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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:** Crispy Chicken Salad Meal
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Hummus Platter
- Thursday:** Chicken Caesar Salad Meal
- Friday:** All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily

- Yogurt & Bagel Meal
- Veggie Burger on a Bun
- Yogurt Parfait with Granola
- **Halal Choices Available Daily**

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 4em; color: #4F81BD;">HAPPY HOLIDAYS</h1>				
4 BBQ Chicken Potato Wedges Vegetarian Baked Beans Fresh or Chilled Fruit	5 Taco Tuesday Twin Tacos Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	6 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	1 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Lucky Tray Day Scoop A Bowl Fajita Chicken, Cheddar Cheese over Rice with Lettuce Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	8 French Bread Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
18 School Closed	19 School Closed	20 School Closed	21 School Closed	15 Stuffed Crust Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
25 School Closed	26 School Closed	27 School Closed	28 School Closed	22 School Closed
<h1 style="font-size: 3em; color: #4F81BD;">Enjoy your Winter Break & Have a Happy New Year!</h1>				

Connect with us!   



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

Our well-balanced lunches available for the week, average between 600-650 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 call Maschio's Food Services at: 732-412-7643

Cash, checks, and online payment are accepted.
 For online payments visit:
Mealtime Online on your school website

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"