

The Ethical Community Charter School

January 2018

Vegetarian Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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 \$3.75
 Reduced Lunch \$0.40
 Adult Lunch \$4.25

Maschio's Swap Outs

Monday: Turkey-Ham & Cheese Sandwich

Tuesday: Grilled Chicken Salad

Wednesday: Tuna Sandwich

Thursday: Turkey & Cheese Sandwich

Friday: Grilled Chicken Caesar Wrap

Maschio's Swap Outs Available Daily

Bagel Bag Meal with Cheese Stick, Bagel, and Cream Cheese
 Cheese Sandwich
 Vegetable Burger

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Veggie Nuggets Dinner roll Carrots Fresh or Chilled Fruit	3 Veggie Burger on a Bun Tater tots Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Tomato Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Bella's Pizza New York Style Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Veggie Burger Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Waffles Egg Patty Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Half A Day No Lunch Service
15 Martin Luther King Jr. Day School Closed	16 Cheese Ravioli with Marinara Sauce Warm Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit	17 Lucky Tray Day Veggie Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	18 Veggie Burger on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tater Tots Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Mixed Beans Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic Veggie Burger on a Bun Country Slaw Baked Beans Fresh or Chilled Fruit	25 Veggie Nuggets with Gravy Dinner Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	26 Personal Pan Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Veggie Burger on a Bun Emoji Fries Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Egg Patty Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 Pasta Alfredo with Broccoli Garlic Bread Fresh or Chilled Fruit		

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: (201) 984-4151

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"