

The Ethical Community Charter School
VEGETARIAN
November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

Connect with us!

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: #c00; font-weight: bold;">Try to fill at least half your plate with fruits and vegetables!</p>				
<p>1 Veggie Burger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day Grilled Cheese Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Personal Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>4 Personal Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>5 Personal Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>6 Veggie Nuggets with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>7 Breakfast for Lunch Waffles Egg Patty Hash Browns Fresh or Chilled Fruit</p>	<p>8 Baked Ziti Warm Bread Stick Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>9 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>10 School Closed</p>
<p>11 Veggie Nuggets Garlic Bread Stick Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>12 Breakfast for Lunch Waffles Egg Patty Hash Browns Fresh or Chilled Fruit</p>	<p>13 Veggie Burger on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit</p>	<p>14 NEW ITEM! Thanksgiving Feast Mixed Beans Quesadilla Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>15 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>16 Veggie Nuggets Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>17 Taco Tuesday Twin Tacos with Mixed Beans, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>18 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit</p>	<p>19 School Closed</p>	<p>20 School Closed</p>
<p>21 Veggie Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p>22 Lucky Tray Veggie Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit</p>	<p>23 Mixed Bean Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>24 School Closed</p>	<p>25 School Closed</p>
<p>26 Veggie Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p>27 Breakfast for Lunch Pancakes Egg Patty Tater Tots Fresh or Chilled Fruit</p>	<p>28 Mixed Bean Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>29 School Closed</p>	<p>30 School Closed</p>



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"