

The Ethical Community Charter School

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
Try to fill at least half your plate with fruits and vegetables!				
		1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Personal Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 Baked Ziti Warm Bread Stick Freshly Prepared Caesar Salad Fresh or Chilled Fruit	9 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit	10 School Closed
13 Chicken Tender Basket Garlic Bread Stick Sweet Potato Fries Fresh or Chilled Fruit	14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	17 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	21 Lucky Tray Day! Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	22 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit	23 School Closed	24 
27 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	28 Breakfast for Lunch Pancakes Breakfast Sausage Tater Tots Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	30 Philly Cheesesteak Hero French Fries Warm Pear Crisp	

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"