



The Ethical Community Charter School

October 2017 Lunch Menu

Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!



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
2 Popcorn Chicken Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	4 National Taco Day! Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	5 BBQ Grilled Chicken Sandwich Vegetarian Baked Beans Strawberry Applesauce	6 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 School Closed	10 Pasta with Meatballs Dinner Roll Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 New Recipe! #ThrowbackThursday Cheeseburger Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	13 Stuffed Crust Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
NATIONAL SCHOOL LUNCH WEEK				
16 Lucky Tray Day! Crispy Chicken BLT on a Roll Vegetable Medley Fresh or Chilled Fruit	17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Twisty Cheesy Breadsticks with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit
23 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fortune Cookie	25 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 Breakfast for Lunch Pancakes Breakfast Sausage Hash Browns Fresh or Chilled Fruit	27 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 New Item! Chicken Tenders Basket Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 HALLOWEEN School Closed No Lunch Service			

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"