



The Ethical Community Charter School

September 2017
Lunch Menu
Vegetarian

Farm Fresh Produce will be available from September 25th through the 29th.
Look out for the Jersey Fresh Symbol on the lunch line!
**Local produce decreases the food miles from the farm to your cafeteria.
Local fruits and vegetables are in season and taste great!**

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: Cheese Sandwich *and* Turkey-Ham & Cheese Sandwich

Tuesday: Grilled Chicken Salad *and* Tuna Sandwich

Wednesday: Vegetarian Burger on a Bun *and* Grilled Chicken Caesar Salad Wrap

Thursday: Turkey & Cheese Sandwich

Friday: Cheese Sandwich

Maschio's Swap Outs Available Daily

Bagel Bag Meal with Cheese Stick, Bagel, and Cream Cheese

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
 Labor Day School Closed	<i>We Hope You Enjoyed Your Summer Vacation!</i>			School Closed
4 Labor Day School Closed	5 Welcome Back! Veggie Burger Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Fresh or Chilled Fruit	6 Veggie Nuggets Oven Baled Fries Fresh or Chilled Fruit	7 Breakfast for Lunch Pancakes Egg Patti Hash Brown Fresh or Chilled Fruit	8 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Veggie Nuggets Dinner Rolls Tater Tots Fresh or Chilled Fruit	12 Taco Tuesday Twin Tacos Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Macaroni & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	14 Veggie Burger on a Bun French Fries Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Veggie Nugget with Dipping Sauces Dinner Roll Carrots Fresh or Chilled Fruit	19 Breakfast for Lunch French Toast Egg Patties Hash Browns Fresh or Chilled Fruit	20 Pasta with Tomato Sauce Dinner Roll Green Beans Strawberry Applesauce	21 Bean Mix, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit
25 Veggie Burger on a Bun Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 Johnny Appleseed Day Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Apple	27 Veggie Nuggets Baked Beans Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	29 Bella's Pizza New York Style Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit



Jersey Fresh Farm to School Week

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"