

# The Ethical Community Charter School

December 2017 Lunch Menu

**Vegetarian**

**NUTRITION NEWS:** With winter fast approaching, it is important to not lose track of healthy eating.

Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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

**\*\*Crispy Chicken Salad Available Daily\*\***

## 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
	<b>HAPPY HOLIDAYS</b>			1 Half Day No Lunch Served
4 Veggie Nuggets Dinner Roll Sweet Potatoes Fresh or Chilled Fruit	5 <b>SCOOP-A-BOWL</b> Mixed Beans Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	6 Grilled Cheese on a Croissant Oven Baked Fries Fresh or Chilled Fruit	7 Half Day No Lunch Served	8 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 Veggie Burger Sandwich Emoji Fries Fresh or Chilled Fruit	12 <b>Lucky Tray Day!</b> Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Egg Patty Hash Brown Fresh or Chilled Fruit	14 Veggie Burger on a Bun Oven Baked Fries Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
18 Veggie Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 Veggie Burger on a Bun Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel	21 <b>First Day of Winter</b> Assorted Pizza Day Freshly Prepared Caesar Salad Fresh or Chilled Fruit	22 Half Day No Lunch Served
25	26	27	28	29
<b>Enjoy your Winter Break &amp; Have a Happy New Year!</b>				

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](http://www.maschiofood.com)  
 Or call Maschio's Food Services at: (201) 984-4151



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"