

Englewood on the Palisades Charter School

December 2017 Lunch Menu

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	\$3.00
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

Maschio's Swap Outs

Monday: Turkey Ranchero Wrap

Tuesday: Salami & Cheese Sandwich

Wednesday: Chef Salad with a Dinner Roll

Thursday: Italian Sub

Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Vegetarian Burger on a Bun

Fruit & Cheese Platter.

Bagel Bag Meal.

Muffin Bag Meal.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	 HAPPY HOLIDAYS			1 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12  Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog 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 First Day of Winter  Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Half Day No Lunch Served
25	26	27	28	29

Enjoy your Winter Break & Have a Happy New Year!

Breakfast Offered Daily

Our well-balanced lunches available for the week, average between 550-650 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: 201-569-9765

Prepaid meals are available by setting up an account for your child at www.mealtime.com

Please Make Checks Payable To: Englewood Charter School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"