

Englewood on the Palisades

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal—start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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
1 New Year's Day School Closed	2 Ham & Cheese Melt on a Pretzel Bun Oven Baked Fries Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Bella's Pizza New York Style Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Pizza Burger on a Bun Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12  New Recipe! Recipe For Success Contest Winner Diana's Create Your Own Pizza Bagel Assorted Toppings Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16  Lucky Tray Day SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 California Burger on a Bun Vegetable Medley Fresh or Chilled Fruit	18 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	19 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Half Day No Lunch Served	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Grilled Ham and Cheese Sandwich Oven Baked Fries Fresh or Chilled Fruit	26 Personal Pan Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	30 Roast Chicken Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit		

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"