



## December 2023 Englewood On The Palisade Charter School - Englewood

### The Plate: Main Lunch Entrée

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Maschio's Swap Outs**

Monday: Chicken Caesar Salad, Muffin Bag & Cereal Bag

Tuesday: Turkey & Cheese Sandwich, Muffin Bag & Cereal Bag

Wednesday: Yogurt Parfait, Muffin Bag & Cereal Bag

Thursday: Bento Box, Muffin Bag & Cereal Bag

Friday: Chef Salad, Muffin Bag & Cereal Bag

**Lunch Prices**

- Student Lunch: \$3.75
- Reduced Lunch: \$0.00
- Adult Lunch: \$5.00

1

- Pepperoni Pizza
- Fresh Pepper Dippers
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



4

- Crispy Chicken Sandwich
- Freshly Prepared Garden Salad
- Assorted Chilled Fruit
- Fat Free Chocolate Milk
- 1% White Milk



5

- Chicken Burrito Bowl
- Black Bean and Corn Salad
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



6

- Pasta with Meat Sauce
- Freshly Prepared Caesar Salad
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



7

- BBQ Chicken Wings
- Mini Potato Mashers
- Dinner Roll
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



8

- NY Style Pizza
- Fresh Veggie Dippers
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



11

- All Natural Beef Hot Dog on a Bun
- Crinkle Cut French Fries
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



12

- Chicken Fajitas on a Tortilla
- Black Bean and Corn Salad
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



13

- Creamy Mac and Cheese
- Sauteed Green Beans
- Dinner Roll
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



14

- Meatball Parm Sub
- Mixed Vegetables
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



15

- Chicken Bacon Ranch Pizza
- Broccoli Dippers
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



18

- Hamburger on a Bun or
- Cheeseburger on a Bun
- Tater Tots
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



19

- Beef Nacho Platter
- Black Bean and Corn Salad
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk



20

- Roasted Chicken
- Rice and Beans
- Freshly Prepared Garden Salad
- Sweet Plantains
- Holiday Cookie
- Assorted Chilled Fruit
- 1% White Milk
- Fat Free Chocolate Milk

Holiday Meal 

21



22



25



26



27



28



29



**\*Menu is Subject to Change**

**Lunch Served with Choice of:** Fresh Fruit , Assorted Chilled Fruit , 100% Fruit Juice , Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk , Fat Free White Milk

<p>MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER.</p>		<p><b>QUESTIONS OR COMMENTS?</b> Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.</p>	<p><b>FOLLOW US:</b> @MASCHIOFOOD</p>	<p>Healthy meals grow <i>healthy kids!</i></p>
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