

Oxford Central

April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 \$2.75
 Reduced Lunch \$0.40
 Adult Lunch \$3.60

MASCHIO'S MAIN EVENT


Maschio's Swap Outs

- Monday:** Grilled Chicken Caesar Wrap
- Tuesday:** Grilled Chicken Salad with a Dinner Roll
- Wednesday:** Ham & Cheese Sandwich
- Thursday:** Crispy Chicken Salad with a Dinner Roll
- Friday:** Garden Salad with Cheese & Dinner Roll

Maschio's Swap Outs Available Daily

- Bagel Bag
- Yogurt Bag
- Cereal Bag

Monday	Tuesday	Wednesday	Thursday	Friday
3  Grand Slam Pretzel Hot Dog Battered French Fries 100% Juice Sorbet Opening Day	4 Fiesta Chicken Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled	5 Meatball Parm Green Beans Italiano Fresh or Chilled Fruit	6 Breakfast for Lunch Pancakes with Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Leo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
10 Pan Pizza Tossed Salad Fresh or Chilled Fruit	11 Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit	12  Lucky Tray Day Macaroni & Cheese Dinner Roll Green Beans Fresh or Chilled Fruit	13 Leo's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	14 School Closed
17 School Closed	18 School Closed	19 School Closed	20 Breakfast for Lunch French Toast Sticks Breakfast Sausage Assorted Potatoes Fresh or Chilled Fruit	21 Leo's Pizza Green Beans Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week!				
24 Popcorn Chicken Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	25 Cheese Pizza Steam Broccoli Fresh or Chilled Fruit Earth Day	26 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit Hartzels Pretzels National Pretzel Day	27 Hot Turkey & Cheese Croissant Sub Glazed Carrots Fresh or Chilled Fruit	28 Leo's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit

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

Check us out on Facebook : Maschio's Food Services, Inc.

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: 908-453-4101

Lunch Tickets are available in the cafeteria:
 10 for \$27.50 / 20 for \$54.00

**Please Make Checks Payable To:
 Oxford Central School**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"