



Oxford Central

December 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

Student Lunch \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.60

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

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast for Lunch Pancakes Breakfast Sausages Puzzle Fries Fresh or Chilled Fruit	2 Leo's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
5 Crispy Chicken Sandwich Potato Wedges Fresh or Chilled Fruit	6 Leo's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	7 BBQ Chicken Dinner Roll Country Slaw Baked Beans Fresh or Chilled Fruit	8 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	9 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Corn Fresh or Chilled Fruit
12 Popcorn Chicken Confetti Rice Green Beans Fresh or Chilled Fruit	13 Breakfast for Lunch Waffle Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	14 Lucky Tray Day Pasta Day with Meat Sauce Sautéed Spinach Fresh or Chilled Fruit	15 Holiday Feast Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Home-Style Apple Crisp	16 Leo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
19 Chicken Nuggets Soft Pretzel Stick Oven Baked Fries Fresh or Chilled Fruit	20 Leo's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	21 First Day of Winter Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers 100% Juice Sorbet	22 Breakfast for Lunch Egg & Cheese on a Bun Hash Browns Fresh or Chilled Fruit	23 All Natural Beef Hot Dog Spiral Fries Fresh or Chilled Fruit
26	27	28	29	30
<h1>Enjoy your Winter Break & Have a Happy New Year!</h1>				

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"



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



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