



Oxford Central

January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

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
2 School Closed	3 Leo's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meatballs Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit	5 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 Chicken Nuggets Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit
9 Popcorn Chicken Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	10 Hamburger on a Bun Spiral Fries Fresh or Chilled Fruit	11 Breakfast for Lunch Waffle Sticks Breakfast Sausages Hash Browns Fresh or Chilled Fruit	12 Corn Dog Nuggets Seasoned Potato Wedges Fresh or Chilled Fruit	13 Leo's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 School Closed	17 Lucky Tray Day Grilled Cheese Sandwich with Tomato Soup Fresh Cucumber Dippers Fresh or Chilled Fruit Martin Luther King, Jr. Day	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Breakfast for Lunch-French Toast Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit	20 Leo's Pizza Freshly Prepared Garden Salad Fresh or Chilled
23 Crispy Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	24 Breakfast Bonanza! Breakfast Sausage Tater Tots Fresh or Chilled Fruit	25 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	26 Chinese New Year Sweet & Sour Popcorn Chicken Rice Steamed Broccoli Fresh or Chilled Fruit Fortune Cookie	27 Leo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 Chicken Nuggets Dinner Roll Baked Fries Chilled or Fresh Fruit	31 Cheeseburger on a Bun BBQ Baked Beans Steamed Corn Strawberry Applesauce Winter Picnic			

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.