

Oxford Central

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.60

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

AVAILABLE MONDAY, WEDNESDAY, FRIDAY

CEREAL BAG

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 New Year's Day School Closed</p>	<p>2 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit</p>	<p>3 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit</p>	<p>4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Orange Juice Sorbet</p>	<p>5 Leo's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit</p>	<p>10 Breakfast For Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p>	<p>12 Leo's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>15 Martin Luther King Jr. Day School Closed</p>	<p>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</p>	<p>17 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit</p>	<p>19 Leo's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>24 Winter Picnic BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit</p>	<p>25 Cheese Steak on a Hoagie Roll Baked Fres Fresh or Chilled Fruit</p>	<p>26 Leo's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit</p>	<p>30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce</p>	<p>31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit</p>		

Breakfast Available Daily 8:10-8:25

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 \$28.50 / 20 for \$57.00

Please Make Checks Payable To:
Oxford Central School

Connect with us!



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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"