



# Oxford Central

## November 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.

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

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**Maschio's Swap Outs Available Daily**

**Bagel Bag**  
**Yogurt Bag**  
**Cereal Bag**

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Leo's Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit	2 <b>Pasta Day with Meatballs</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	3 <b>New Item!</b> <b>Sandwich Day</b> <b>Crispy Chicken BLT on a Croissant</b> Baked Potato Fries Fresh or Chilled Fruit	4 Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit
7 <b>Chicken Nuggets</b> Confetti Rice Steamed Carrots Fresh or Chilled Fruit	8 <b>BREAKFAST FOR-LUNCH</b> <b>French Toast Sticks</b> Breakfast Sausage Tater Tots Fresh or Chilled Fruit	9 <b>Mini Pizza Bagels</b> Green Bean Salad Fresh or Chilled Fruit	10 <b>School Closed</b>	11 <b>Veterans Day</b> <b>School Closed</b>
14 <b>Popcorn Chicken</b> Dinner Roll Steamed Corn Fresh or Chilled Fruit	15 <b>All Natural Beef Hot Dog on a Bun</b> Fresh Veggie Dippers Spiral Fries Fresh or Chilled Fruit	16 <b>Breakfast for Lunch</b> <b>Waffle Sticks</b> Breakfast Sausage Roasted Sweet Potato Bites Fresh or Chilled Fruit	17 <b>Thanksgiving Dinner</b> <b>Roast Turkey with Gravy</b> Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Pear Crisp	18 <b>Leo's Pizza</b> Garden Salad Fresh or Chilled Fruit
21 <b>Breaded Chicken Sandwich on a Bun</b> Cucumber Tomato Salad Fresh or Chilled Fruit	22 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	23 <b>Assorted Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	24 <b>Happy Thanksgiving!</b>	25 
28 <b>Chicken Nuggets</b> Buttered Noodles Peas & Carrots Fresh or Chilled Fruit	29 <b>Bacon Cheeseburger on a Bun</b> Tater Tots Fresh or Chilled Fruit	30 <b>Macaroni and Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	<p>Try to fill at least half your plate with fruits and vegetables!</p>	

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](http://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"



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



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