



Oxford Central

October 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

Show your spirit this month for National School Lunch Week!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

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
3 Chicken Parm Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit	4 Leo's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	5 Chicken Fries Dinner Roll Mashed Potatoes Fresh or Chilled Fruit	6 New Item! #ThrowbackThursday Cheeseburger Meatloaf Dinner Roll Mashed Potatoes Peas & Carrots Gelatin Fruit Cup	7 Breakfast for Lunch Pancakes Breakfast Sausages Tater Tots Fresh or Chilled Fruit
10 Columbus Day School Closed	11 Nacho "Party" Platter with Taco Meat, Shredded Cheese, Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	12 Super Cheesesteak Hero Spiral Fries Fresh or Chilled Fruit	13 "Fire it Up" All Natural Beef Hot Dog on a Bun Baked Beans Cucumber Slices Fresh or Chilled Fruit	14 Pan Pizza Garden Salad Fresh or Chilled Fruit
SHOW YOUR SPIRIT FOR NATIONAL SCHOOL LUNCH WEEK!				
17 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	18 New Item! Hamburger or Cheeseburger on a Bun Battered French Fries Fresh or Chilled Fruit	19 New Item! Grilled Cheese Sandwich Tomato Soup Celery Sticks Strawberry Applesauce	20 New Items! Vegetarian Day Pasta Alfredo with Garden Veggies Herbed Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	21 Leo's Pizza Caesar Salad Fresh or Chilled Fruit
24 Popcorn Chicken Dinner Roll Farm Fresh Country Coleslaw Farm Fresh Fruit 	25 Stuffed Crust Pizza Sautéed Spinach Fresh or Chilled Fruit	26 Lucky Tray Day Pumpkin Day Grilled Chicken Breast Green Beans Fresh or Chilled Fruit Pumpkin Swirl Roll	27 Bacon, Egg & Cheese on a Bun Hash Browns Fresh or Chilled Fruit	28 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit
31 MONSTER Mozzarella Sticks with Marinara Sauce BOO Breadstick GHOULISH Garden Salad Fresh or Chilled Fruit 	CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH 			

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

Maschio's Food Services, Inc.

"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.