



# Oxford Central

## September 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News: Jersey Fresh Farm to School Week



Farm Fresh Produce will be available from September 26th through the 30th.

Look out for the Jersey Fresh Symbol on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria.

Local fruits and vegetables are in season and taste great!

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
<h1 style="color: red;">We Hope You Enjoyed Your Summer Vacation!</h1>				
<b>5 Labor Day</b> 	<b>6 Welcome Back</b> <b>Leo's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>7 New Item!</b> <b>Chicken Parm with Pasta Marinara</b> Broccoli Italiano Fresh or Chilled Fruit	<b>8 Breakfast for Lunch</b> <b>Waffle Sticks with Breakfast Sausages Hash Browns</b> Fresh or Chilled Fruit	<b>9 Crispy Chicken Nuggets</b> Soft Pretzel Stick Smile Fries 100% Juice Sorbet
<b>12 Popcorn Chicken with Dipping Sauce</b> Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	<b>13 Mini Burger Sliders</b> Baked French Fries Fresh or Chilled Fruit	<b>14 Meatball Parm Hero</b> Sautéed Green Beans Fresh or Chilled Fruit	<b>15 Pan Pizza</b> Fresh Prepared Salad Fresh or Chilled Fruit	<b>16 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Corn Fresh or Chilled Fruit
<b>19 Crispy Chicken Sandwich</b> Tater Tots Fresh or Chilled Fruit	<b>20 Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>21 Lucky Tray Day!</b> <b>Grilled Cheese Sandwich</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>22 SCOOP-A-BOWL</b> Beef, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>23 Leo's Pizza</b> Fresh Italian Salad Fresh or Chilled Fruit
<b>26 Crispy Chicken Nuggets</b> Soft Pretzel Stick Roasted Jersey Fresh Vegetables Jersey Fresh Apples	<b>27 New Item!</b> <b>Breakfast for Lunch</b> <b>Bacon, Egg, &amp; Cheese on an English Muffin</b> Tater Tots Jersey Fresh Fruit	<b>28 Home-Style Mac &amp; Cheese</b> Warm Breadstick Jersey Fresh Cucumber & Tomato Salad Fresh or Chilled Fruit	<b>29 Hamburger or Cheeseburger on a Bun</b> Potato Wedges Jersey Fresh Fruit	<b>30 NY Style Pizza</b> Caesar Salad Fresh or Chilled Fruit

## Jersey Fresh Farm to School Week

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"



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

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