

April 2019

Learning Community Charter School Lunch

Student Lunch: \$3.00 Reduced Lunch: \$0.40 Adult Lunch: \$3.50

MONDAY

1

- Ham and Cheese Melt on a Pretzel Bun
- Oven Baked Sweet Potato Fries
- Maschio's Lemon/Cherry Frozen Sorbet
- Milk Variety

TUESDAY

2

- Chicken Nuggets
- Soft Pretzel Sticks
- Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

WEDNESDAY

3

- Italian Sampler with
- Breaded Ravioli and Mozzarella Sticks with Marinara Sauce
- Veggie Dippers
- Assorted Fresh or Chilled Fruit
- Milk Variety

THURSDAY

4

- Waffles
- Breakfast Sausages
- Sweet Potato Waffle Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

FRIDAY

5

- Personal Pan Pizza
- Freshly Prepared Caesar Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

- Meatless Monday
- Grilled Cheese Sticks
- Tomato Soup
- Assorted Fresh or Chilled Fruit
- Milk Variety

9

- Hamburger on a Bun or Cheeseburger on a Bun
- Confetti Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

10

- Mac & Cheese
- Cornbread Muffin
- Green Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

11

- Crispy Chicken Sandwich
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

12

- Bella's NY Style Pizza
- Freshly Prepared Italian House Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

15

- French Toast Sticks
- Breakfast Sausage
- Oven Baked Sweet Potato Fries
- Fruit Compote
- Milk Variety

16

- Sweet & Sour Chicken with Rice
- Steamed Broccoli
- Assorted Fresh or Chilled Fruit
- Fortune Cookie
- Milk Variety

17

- Pasta with Meatballs
- Freshly Prepared Cucumber & Tomato Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

18

- Personal Pan Pizza
- Freshly Prepared Caesar Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

19

22

23

24

25

26

29

- Cheesy Vegetable Stromboli
- Freshly Prepared Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

30

- Teriyaki Beef and Steamed Broccoli
- Steamed Rice
- Assorted Fresh or Chilled Fruit
- Fortune Cookie
- Milk Variety

Maschio's Swap Outs Available Daily: Assorted Deli Sandwiches , Assorted Salads , Bagel & Yogurt Meal

All Meals Served 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.

Nutrition Info K-8 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!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

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