



NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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

Maschio's Swap Outs

Monday: Chicken Caesar Salad Wrap

Tuesday: Cheese Quesadilla with Salsa

Wednesday: Hummus Platter with Cheese Stick & Pita Bread

Thursday: Veggie Burger on a Bun

Friday: Tuna Salad Wrap

Maschio's Swap Outs Available Daily

Deli Sandwiches & Salads

Bagel with Yogurt Meal

Connect with us!

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	2 Breakfast for Lunch Waffles with Strawberry Compote Breakfast Sausages Tater Tots Fresh or Chilled Fruit	3 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit <i>Warm Cinnamon Churro</i>	4 STAR WARS DAY Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit
	National Hamburger Month			School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 All Beef Frank on a Bun Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Rodeo Burger on a Bun Topped w/ BBQ and Onion Ring Confetti Fries Fresh or Chilled Fruit	16 Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
Vegetarian Awareness Week				
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 All Beef Frank on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 Half Day Assorted Deli Sandwiches
28 Memorial Day School Closed	29 Pizza Burger on a Bun Topped with Marinara & Mozzarella Cheese Oven Baked Fries Fresh or Chilled Fruit	30 Chicken Parm with Pasta Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Walking Nachos with Taco Meat, & Doritos, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	

Our well-balanced lunches available for the week, average between 600-650 calories.

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Linda at Maschio's Food Services at LCC

Payments can be made through the main office or online:
10 for \$30.00 / 20 for \$60.00

**Please Make Checks Payable To:
Learning Community Charter School**

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"