

Golden Door Charter School

April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

Maschio's Swap Outs

Monday: Grilled Cheese or Tuna Sandwich

Tuesday: Hummus Platter

Wednesday: Tuna Sandwich

Thursday: Vegetarian Garden Burger on a Bun

Friday: Turkey & Cheese Sandwich

Maschio's Swap Outs Available Daily

Bagel & Yogurt Bag Meal
Grilled Chicken Caesar Salad with Roll

Fruit & Cheese Platter– Mon. & Fri..

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<h2 style="color: purple;">Spring Recess! School Closed</h2>			
<p>9</p> <p>Popcorn Chicken Dinner Roll Vegetable Medley Fluffy Rice Fresh or Chilled Fruit</p>	<p>10</p> <p>Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>11</p> <p>Half Day Assorted Sandwiches Veggie Dippers Fresh or Chilled Fruit</p>	<p>12</p> <p>Sloppy Joe on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>13</p> <p>Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>16</p> <p>Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Sautéed Spinach Fresh or Chilled Fruit</p>	<p>17</p> <p>Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip</p>	<p>18</p> <p>Grilled BBQ Chicken Sandwich Baked Beans Fresh or Chilled Fruit</p>	<p>19</p> <p>Walking Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fluffy Rice Fresh or Chilled Fruit</p>	<p>20</p> <p>Crazy Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2>				
<p>23</p> <p>Roasted Turkey Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>24</p> <p> Lucky Tray Day</p> <p>Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit</p>	<p>25</p> <p>Pasta with Meat Sauce Warm Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit</p>	<p>26</p> <p>Half Day</p> <p>Assorted Sandwiches Veggie Dippers Fresh or Chilled Fruit</p>	<p>27</p> <p>Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>30</p> <p>Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>				

Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10%

Questions or Concerns?
Please Visit www.MaschioFood.com

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"