

Great Futures Charter High School

October 2017
Lunch Menu

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

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

Fast & Fresh

Assorted Freshly Prepared Salad Meals

Great Grillers

Hamburger or Cheeseburger on a Bun
Plain or Buffalo Chicken Patty on a Bun
Pizza

Deli Central

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings

Harvest Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



Connect with us!



The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

2 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy
Dinner Roll
Fresh or Chilled Fruit

3 **New Recipe!**
"Sriracha" Cheeseburger on a Bun
Tater Tots
Fresh or Chilled Fruit

4 **National Taco Day!**
Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa
Steamed Rice
Corn
Fresh or Chilled Fruit

5 **Crispy Chicken BLT on a Roll**
Freshly Prepared Creamy Cucumber Salad
Fresh or Chilled Fruit

6 **Personal Pan Pizza**
Freshly Prepared Caesar Salad
Fresh or Chilled Fruit

9 **School Closed**

10 **Meatball Parm Sandwich**
Freshly Prepared Spring Mix Salad
Fresh or Chilled Fruit

11 **Breakfast for Lunch**
Bacon, Egg, & Cheese on a Croissant Bun
Hash Browns
Fresh or Chilled Fruit

12 **New Recipe!**
#ThrowbackThursday
Buffalo Chicken Mac & Cheese
Soft Pretzel Stick
Steamed Broccoli
Fresh or Chilled Fruit

13 **Stuffed Crust Pizza**
Locally Grown Cucumber & Tomato Salad
Fresh or Chilled Fruit

16 **Crispy Chicken BLT on a Roll**
Freshly Prepared Creamy Cucumber Salad
Fresh or Chilled Fruit

17 **Rodeo Burger on a Bun with BBQ Sauce & Onion Rings**
French Fries
Fresh or Chilled Fruit

18 **Half Day**
No Lunch Served

19 **Buffalo Popcorn Chicken Basket with Soft Pretzel Sticks & Tater Tots**
Fresh or Chilled Fruit

20 **Twisted Cheesy Breadsticks with Marinara Sauce**
Pasta Marinara
Locally Grown Veggie Dippers
Fresh or Chilled Fruit

23 **Grilled Cheese Sandwich with Bacon**
Tomato Soup
Fresh Veggie Dippers
Fresh or Chilled Fruit

24 **New Recipe!**
Chicken Fried Rice
Steamed Vegetables
Mandarin Oranges
Fresh or Chilled Fruit
Fortune Cookie

25 **Pasta with Meat Sauce**
Warm Breadstick
Freshly Prepared Garden Salad
Fresh or Chilled Fruit

26 **California Chicken Tender Hero with Lettuce, Tomato, & Mayo**
Freshly Prepared Tomato Salad
Fresh or Chilled Fruit

27 **Mini Pepperoni Calzones with Marinara Sauce**
Freshly Prepared Italian House Salad
Fresh or Chilled Fruit

30 **Buffalo Popcorn Chicken Basket with Soft Pretzel Sticks & Tater Tots**
Fresh or Chilled Fruit

31 **HALLOWEEN Half Day**
No Lunch Served



Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details. There will be three winners company-wide. Each winner will receive a gift basket and gift card. Each winner's recipe creation will be featured on the January Menu!

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit
www.MaschioFood.com
Or Call Sharon at Maschio's Food Services at:
201-716-1520

Maschio's
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