



# East Amwell Township School



## October 2011 Menu

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Grilled Cheese on a Pretzel Bun Baked Beans Applesauce Fruit Punch Milk Choice	<b>4</b> California Burgers On a Bun Baked Fries Lettuce, Tomato Chilled Fruit Milk Choice	<b>5</b> Turkey or Tuna Subs Pretzels Celery Sticks Peaches Apple Juice Milk	<b>6</b> Chicken Nuggets Dinner Roll Mashed Potatoes Corn Peaches Milk Choice	<b>7</b> Personal Pan Pizza Salad Cups Carrot Cups Pears Grape Juice Milk Choice
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<b>10</b> Egg and Cheese On a Bagel Orange Juice Applesauce Milk Choice	<b>11</b> Cheese Steak Sub Baked Tator Tots Glazed Carrots Peaches Milk Choice	<b>12</b> Corn Dog Nuggets Dinner Roll Butter Noodles Baked Beans Chilled Fruit Milk Choice	<b>13</b> Ham & Cheese Warm on a Bagel Pasta Cups Pears Milk Choice	<b>14</b> PANATIER'S Pizza <b>Jersey Fresh Spinach Salad</b> Applesauce Milk Choice
<b>WORLD FOOD WEEK</b>				
<b>17</b> French Toast Turkey Sausage Fruit Cup Orange Juice Milk Choice	<b>18</b> Macaroni & Cheese, Roll String Beans Chilled Peaches Milk Choice	<b>19</b> Popcorn Chicken Dinner Roll Mashed Potatoes Peas Pears, Milk	<b>20</b> Meatball Subs Pasta w/Butter Hot Vegetable Applesauce Milk Choice	<b>21</b> EARLY DISMISSAL Stuffed Crust Pizza Tossed Salad Assorted Fruit Fruit Juice Milk Choice
<b>24</b> <b>CHINESE</b> Roasted Chicken/Roll Chinese Vegetables Lo Mien Noodles Pineapples Fortune Cookie/ Milk	<b>25</b> Cheese Quesadilla Seasoned Rice Corn Fruit Cup Milk Choice	<b>26</b> <b>ITALY</b> Pasta w/Meat Sauce Italian Roll Salad Cups Pears Milk Choice	<b>27</b> Cheese Steak Sub Oven Baked Fries Cucumber Slices Peaches Milk Choice	<b>28</b> French Bread Pizza Caesar Salad Carrot Cups Assorted Fruit Milk Choice
<b>31</b> Scary Doggies Wiggle Jello Spooky Beans Eyeball Fruit Ghostly Milk		<b>Please Look for Activity Sheets Week of Oct 10th - Oct 14th</b>		<b>National School Lunch Week Oct 10th - 14th</b> <b>World Food Week Oct 24th - Oct 28th</b>

Student Lunch \$2.70  
 Adult Lunch \$3.95

**"SIDEKICKS"**

Milk \$0.60  
 Fruit \$0.75  
 Baked Chips \$0.75  
 Baked Cookie \$0.25  
 Hot Pretzel \$0.75  
 Spring Water \$1.00  
 Flavored Water \$1.00  
 Fruit Juice \$0.65  
 Ice Cream \$0.75

### Available Daily

#### MAC CHICKEN WRAP

Veggie Sticks  
 Fruit  
 Low Fat Milk

Or

**Peanut Butter & Jelly on Wheat Bread**  
 Or  
**Salad Bar**

**Mixed Salad, Proteins Whole Grain Roll, Fruit, Milk Choice**

Or

#### Bagel Bag Lunch

Bagel  
 Cheese Sticks  
 Fruit  
 Vegetable Sticks  
 Low-Fat Milk



**Monday:** Turkey Wrap  
**Tuesday:** Italian Sub  
**Wed:** Egg Salad Sand.  
**Thurs:** Tuna Salad Sand.  
**Fri:** Ham & Cheese Wrap



**BEST BUY \*Complete Lunch...Only \$2.70/3.95**

*Includes Vegetable, Fruit or Juice and Milk*  
 Lunch Tickets Available In The Cafeteria  
 10 Meals \$26.00  
 20 Meals \$52.00

**"Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs**

**Extra Bread Available Daily with Lunch!**



[www.maschiofood.com](http://www.maschiofood.com)  
 Menu Subject to Change!

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