

East Amwell Township School

September 2011 Menu

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
		Fruit & Vegetable of the Month: Peaches Green Beans 	Did you know? September is National 5 a Day Month! 	2 Get your 5-9 Fruits and Vegetables a Day during our New Jersey Farm to School Week September 26-30
5 Labor Day! 	6 Grilled Cheese on a Pretzel Bun Carrot Cups Fresh Macintosh Apple Milk Choice 	7 Popcorn Chicken Wheat Roll Buttered Noodles String Beans Peaches Milk Choice	8 California Burgers On a Bun Baked Fries Lettuce, Tomato Chilled Fruit Milk Choice	9 PANATIER'S Pizza Jersey Fresh Spinach Salad Applesauce Milk Choice 
12 Grilled Chicken on a Wheat Roll Brown Rice Lettuce & Tomato Chilled Fruit Milk Choice	13 Taco Pizza Spanish Rice Golden Corn Peaches Milk Choice	14 LUCKY PLATE DAY Cheese Steak Sub Oven Baked Fries Cucumber Slices Peaches Milk Choice	15 Breakfast for Lunch! French Toast w/wo Blueberries Turkey Sausage Orange Juice Milk Choice 	16 Stuffed Crust Pizza Tossed Salad Assorted Fruit Fruit Juice Milk Choice 
19 Egg and Cheese On a Bagel Fruit Juice Applesauce Milk Choice	20 Wheat Penne Pasta w/Chicken Whole Grain Breadstick Fresh Spinach Salad Fruit, Milk Choice	21 Corn Dog Nuggets Dinner Roll Baked Beans Chilled Fruit Milk Choice	22 Beef Nachos w/Cheese Seasoned Rice Corn, Fruit Milk Choice	23 Personal Pan Pizza Zucchini Sticks with Dip Chilled Fruit Jell-o, Milk
26 Chicken Nuggets Dinner Roll Mashed Potatoes Jersey Peppers with Dip, Fruit Milk Choice 	27 Macaroni & Cheese, Roll Buttered Peas Chilled Pineapples Milk Choice 	28 Hot Dog on a Bun Smiley Potatoes Local Cabbage Slaw Farm Fresh Apple Milk Choice 	29 School Closed No Lunch Served	30 Cheese Pizza Farm Fresh Cucumber & Tomato Salad Fruit & Milk Choice

Available Daily

- 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

- 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
- 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



Menu Subject to change