




# East Amwell Township School

## November 2011 Menu

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>National Apple Month</b> 	<b>1 National Sandwich Day</b> Turkey & Ham Subs Pretzels Celery Sticks Peaches Apple Juice Milk Choice 	<b>2</b> Corn Dog Nuggets Dinner Roll Buttered Noodles Baked Beans Chilled Fruit Milk Choice	<b>3</b> Grilled Cheese on a Pretzel Bun Baked Beans Applesauce Fruit Punch Milk Choice	<b>4</b> French Bread Pizza Caesar Salad Carrot Cups Assorted Fruit Milk Choice 
<b>7</b> French Toast Turkey Sausage Fruit Cup Orange Juice Milk Choice	<b>8</b> Meatball Subs Pasta w/Butter Hot Vegetable Applesauce Milk Choice 	<b>9 LUCKY PLATE DAY</b> Cheeseburger On a Bun Baked Fries Lettuce, Tomato Chilled Fruit Milk Choice	<b>10</b> SCHOOL CLOSED  	<b>11</b> SCHOOL CLOSED
<b>14</b> Chicken Nuggets Dinner Roll Mashed Potatoes Corn Peaches Milk Choice	<b>15 THANKSGIVING DINNER</b> Turkey w/Gravy Stuffing, Roll Mashed Potatoes String Beans, Fruit Milk Choice	<b>16</b> SCHOOL CLOSED  	<b>17</b> SCHOOL CLOSED	<b>18</b> PANATIER'S Pizza <b>Jersey Fresh Spinach Salad</b> Applesauce Milk Choice 
<b>21</b> <u>East Amwell McMuffin</u> Egg/Ham & Cheese Hash Brown Orange Juice Milk Choice	<b>22</b> Stuffed Crust Pizza Tossed Salad Assorted Fruit Fruit Juice Milk Choice 	<b>23 EARLY DISMISSAL</b> Cheese Quesadilla Seasoned Rice Corn Fruit Cup Milk Choice	<b>24</b> SCHOOL CLOSED  	<b>25</b> SCHOOL CLOSED
<b>28</b> Hot Dog on a Roll Baked Beans Chilled Fruit Grape Juice Milk Choice	<b>29</b> Popcorn Chicken Dinner Roll Mashed Potatoes Hot Vegetable/Pears Milk Choice	<b>30 Beef Nachos w/Cheese</b> Seasoned Rice Corn Fruit Cup Milk Choice	<b>Vegetable of Month: Spinach</b> 	<b>Fruit of Month: Apple</b> 

Student Lunch \$2.70  
 Adult Lunch \$3.95

**Available Daily**

**"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**

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***