

# East Amwell Township School

## January 2012 Menu

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger Sliders Potatoes Hot Vegetable Assorted Fruit Milk Choice	3 Southwest Veggie Quesadilla Seasoned Rice Corn Fruit Cup Milk Choice	4 Chicken Nuggets Wheat Roll Wheat Pasta Salad String Beans Pears Milk Choice	5 <b>Beef Nachos w/Cheese</b> Rice Lettuce, Tomato Chilled Fruit Milk Choice	6 Pan Pizza Salad Cups Carrot Sticks Pears Milk Choice
9 Blueberry Pancakes Minis Turkey Sausage Orange Juice Milk Choice	10 Meatball Subs String Beans Carrot Cups Apple Juice Milk Choice	11 <b>LUCKY PLATE DAY</b> Open Faced Turkey Sandwich Whipped Potatoes String Beans Pears Milk Choice	12 Cheeseburger on a Bun Sweet Potato Fries Apple Sauce Lettuce, Tomato Milk Choice	13 French Bread Pizza Cucumber Slices Assorted Fruit Grape Juice Milk Choice
16  School Closed No Lunch Served	17 Ham & Cheese on a Bagel Potato Rounds 100% Fruit Juice Milk Choice	18 Pasta w/ Meatballs Garlic Bread Tossed Salad Chilled Fruit Milk Choice 	19 <b>Winter Picnic</b> Sloppy Joes on on a Bun Baked Fries Corn on the Cob Applesauce Milk Choice	20 <b>PANATIER'S</b> Pizza Caesar Salad Apples Grape Juice Milk Choice
23  Chinese Chicken w/Roll Rice Vegetables Mandarin Oranges Milk Choice	24  Popcorn Chicken Dinner Roll Buttered Noodles Hot vegetable Chilled Fruit Milk Choice	25 Ham & Egg & Cheese on an English Muffin Hash Potatoes Orange Juice Milk Choice	26 Hot Dog on a Bun Oven Fries Baked Beans Fruit Cup Milk Choice	27 Cheese Pizza Garden Salad Assorted Fruit Milk Choice
30 Chicken Cheese Quesadilla Seasoned Rice Corn Fruit Cup Milk Choice	31 Cheeseburger on a Wheat Roll Tator Tots Beans Mixed Fruit, Milk	<b>Vegetable of Month</b> 	<b>Fruit of Month</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 Or  
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



Or

**Wed:** Egg Salad Sand.

**Thurs:** Tuna Salad Sand.

**Fri:** Ham & Cheese Wrap

**Monday:** Turkey Wrap  
**Tuesday:** Italian Sub

**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)