













EAST AMWELL TOWNSHIP SCHOOL

APRIL MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
Extra Bread Available Daily 		FRUIT AND VEGETABLE OF THE MONTH <i>Oranges & Potatoes</i> 	1 <i>Egg, Ham & Cheese On an English Muffin</i> <i>Orange Juice</i> <i>Fruit Cup</i> <i>Jello</i> <i>Low Fat Milk</i>	2 NO SCHOOL
SCHOOL CLOSED SPRING RECESS				
5 <i>French Toast</i> <i>Turkey Sausage</i> <i>Fruit Cup</i> <i>Orange Juice</i> <i>Milk</i> 	6 <i>Mexican Fiesta Salad</i> <i>Tortilla Chips</i> <i>Corn</i> <i>Spanish Rice</i> <i>Peaches, Milk</i> <i>Low Fat Milk</i>	7 <i>Egg & Cheese on an English Muffin</i> <i>Hash Brown</i> <i>Blueberries</i> <i>Fruit Punch</i> <i>Milk</i> 	8 <i>Cheese Steak on a Roll</i> <i>Tator Tots</i> <i>String Beans</i> <i>Cherries</i> <i>Fruit Cup, Milk</i> <i>Milk</i>	9 <i>Dominos Garden Salad</i> <i>Carrot & Celery Sticks</i> <i>Assorted Fruit</i> <i>Milk Choice</i> 
12 <i>Cheeseburger on a Bun</i> <i>Potato Wedges</i> <i>Blueberries</i> <i>Peas</i> <i>Apple Juice, Milk</i> <i>Milk</i> 	13 <i>Italian Subs</i> <i>Applesauce</i> <i>Carrots</i> <i>Pretzels</i> <i>Low Fat Milk</i>	14 <i>Chicken & Vegetables</i> <i>Wheat Roll</i> <i>Chinese Noodles</i> <i>Fortune Cookie</i> <i>Mixed Fruit</i> <i>Milk</i> 	15 EARTH DAY <i>Grilled Chicken & Cheese on a Wheat Roll</i> <i>Tossed Salad</i> <i>Oranges</i> <i>Milk</i>	16 <i>Pan Pizza</i> <i>Tossed Salad</i> <i>Cucumber Coins</i> <i>Assorted Fruit</i> <i>Milk Choice</i>
19 <i>National Pretzel Day</i> <i>Grill Cheese on a Pretzel Bun</i> <i>Peaches</i> <i>Peas</i> <i>Fruit Punch</i> <i>Milk</i> 	20 <i>Baked Chicken</i> <i>Pumpernickel Roll</i> <i>Mashed Potatoes</i> <i>String Beans</i> <i>Apricots</i> <i>Low Fat Milk</i>	21 HATS OFF TO BASEBALL <i>Hot Dog on a Bun</i> <i>Baked Beans</i> <i>Apple Slices</i> <i>Raisins</i> <i>Low Fat Milk</i> 	22 <i>Popcorn Chicken</i> <i>Wheat Roll</i> <i>Corn</i> <i>Rice</i> <i>Applesauce</i> <i>Milk</i>	23 <i>Cheese Pizza</i> <i>Green Salad</i> <i>Hot Vegetable</i> <i>Assorted Fruit</i> <i>Milk Choice</i>
26 <i>Student Lunch</i> \$2.65 <i>Adult Lunch</i> \$3.90	27 <i>MAC CHICKEN WRAP</i> <i>Bag Lunch</i> Veggie Sticks Or Bagel Fruit Cheese Sticks Low Fat Milk Fruit Or Vegetable Sticks Peanut Butter & Jelly on Wheat Bread Low-Fat Milk Or SALAD BAR Mixed Salad Platter w/proteins, Or Monday: Turkey Wrap Whole Grain Bread, Fruit, Milk, Roll Tuesday: Italian Sub Wed: Egg Salad Sand. Thurs: Ham & Cheese Fri: Tuna on Wheat Bread	28 Choice of flavored or unflavored, low fat milk with all meals. 	29 BEST BUY *Complete Lunch...Only \$2.55 <i>Includes Vegetable, Fruit or Juice and Milk</i> Lunch Tickets Available In The Cafeteria 10 Meals \$25.50 20 Meals \$51.00 "Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs."	30 Can We Help? Call Maschio's Food Services at your School! 

Student Lunch \$2.65
Adult Lunch \$3.90

Available Daily



Choice of flavored or unflavored, low fat milk with all meals.



Can We Help? Call Maschio's Food Services at your School!

"SIDEKICKS"

Milk	\$.60
Fruit	\$.60
Baked Chips	\$.75
Otis Cookie	\$.25
Hot Pretzel	\$.75
Spring Water	\$1.00
Flavored Water	\$1.00
Fruit Juice	\$.60
Ice Cream	\$.75

MAC CHICKEN WRAP

Bag Lunch
Veggie Sticks Or Bagel
Fruit Cheese Sticks
Low Fat Milk Fruit

Or Vegetable Sticks
Low-Fat Milk

Peanut Butter & Jelly on Wheat Bread

Or
SALAD BAR
Mixed Salad Platter w/proteins, Or
Whole Grain Bread, Fruit, Milk, Roll

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

Carrot Sticks or Tossed Salad Cup available daily.



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Maschio's Food Services, Inc.