

# EAST AMWELL TOWNSHIP SCHOOL

## JANUARY MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Vegetable &amp; Fruit of the Month</b> Peaches Cucumbers 	<b>Assorted Bread Available Daily</b> 		<b>Did you know?</b> <i>Cucumbers are in the gourd family just like melons and pumpkins!</i>
<b>4</b> Hot Dog on a Bun Bake Beans Applesauce Low Fat Milk 	<b>5</b> Hat Ham & Cheese on a Bagel Corn Peaches Grape Juice Milk	<b>6</b> Cheeseburger on a Wheat Bun Baked Fries String Beans Peas Milk Choice	<b>7</b> <b>MASCOT DAY</b> Popcorn Chicken Wheat Roll Mash Potatoes Peas Fruit Cup Milk	<b>8</b>  Dominos Tossed Salad Apple Slices Fruit Punch Low Fat Milk
<b>11</b> Egg, Ham & Cheese on a Bun Hash Brown Warm Apples Orange Juice Milk	<b>12</b> Italian Subs Vegetable Soup  Chips Raisins Low Fat Milk	<b>13</b> Baked Chicken/Roll Rice String Beans Peaches Milk	<b>14</b> Pasta & Meat Sauce Italian Roll Peas Fruit Cup Milk Choice 	<b>15</b> Pan Pizza Carrot Sticks Garden Salad Chilled Fruit Low Fat Milk 
<b>18</b> School Closed Martin Luther King Day 	<b>19</b> Chicken Sandwich on a Wheat Roll Carrots Glazed Applesauce Milk	<b>20</b> <b>WINTER PICNIC</b> Hot Dog on a Bun Baked Beans Peaches Jell-o Pretzels Low Fat Milk 	<b>21</b> Nachos w/ Meat & Cheese Spanish Rice Corn Mixed Fruit Milk 	<b>22</b> Stuff Crust Pizza Veggie Sticks Salad Cups Assorted Fruit Milk Choice
<b>25</b> Grilled Cheese on a Pretzel Bun String Beans Peaches Apple Juice Milk 	<b>26</b> Cheese Steak Sub Tator Tots Hot Vegetable Fruit Cup Low Fat Milk	<b>27</b> Chicken Nuggets/Roll Mashed Potatoes Peas Peas Milk	<b>28</b> French Toast Turkey Sausage Juice Applesauce Milk Choice	<b>29</b> Cheese Pizza Tossed Salad Mixed Fruit Veggie Sticks Low Fat Milk

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

#### Peanut Butter & Jelly on Wheat Bread

#### 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

**BEST BUY \*Complete Lunch...Only \$2.55**  
 Includes Vegetable, Fruit or Juice and Milk  
 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."**

Maschio's Food Services, Inc.

Carrot Sticks or Tossed Salad Cup available daily.

