




EAST AMWELL TOWNSHIP SCHOOL



MAY MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
EXTRA BREAD AVAILABLE DAILY 	FRUIT VEGETABLE OF THE MONTH 			
3 Corn Dogs Baked Beans Applesauce Blueberry Cups Milk	4 Cheese Steak on a Roll Tator Tots String Beans Dried Cherries Peaches Assorted Milk	5 CINCO DE MAYO Nachos w/Meat & Cheese Spanish Rice Corn Fruit Cup Low Fat Milk 	6 Egg & Cheese on an English Muffin Blueberry Cups Warm Carrots Assorted Fruit Milk	7 Pan Pizza Carrot Cups Garden Salad Fruit Cup Milk Choice
10 French Toast Turkey Sausage Fruit Cup Orange Juice Milk 	11 Hot Dogs Baked Beans Apple Slices Fruit Punch Milk	12 Cheeseburger on a Bun Lettuce & Tomato Peas Pears Potato Wedges Low Fat Milk 	13 Chicken Fajitas on a Bun Rice Corn Peaches Milk Choice	14 Dominos Tossed Salad Cucumber Coins Assorted Fruit Milk 
17 Early Dismissal Hot Dogs on a Bun Baked Beans Applesauce Fruit Punch Milk	18 FAMILY WELLNESS Grilled Chicken Patty on a Whole Wheat Roll String Beans Assorted Fruit Low Fat Milk 	19 Sloppy Joes on a Bun Mashed Potatoes Peas Peaches Milk Choice	20 Pasta & Meat Sauce Italian Roll Carrots Tossed Salad Pears Milk 	21 French Bread Pizza Green Salad Hot Vegetable Assorted Fruit Low Fat Milk 
24 Grill Cheese on a Pretzel Bun Baked Beans Warm Apples Assorted Fruit Milk Choice 	25 Turkey Subs Pickles Chips Peaches Veggie Cups Milk 	26 Baked Chicken Wheat Roll Corn Jell-o Applesauce Low Fat Milk	27 Cheese Pizza Salad Cups Assorted Fruit Fruit Punch Milk 	28 FIELD DAY 

Student Lunch \$2.65
 Adult Lunch \$3.90

"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

Available Daily

MAC CHICKEN WRAP Bag Lunch

Veggie Sticks Or Fruit
 Low Fat Milk

Peanut Butter & Jelly on Wheat Bread

Or

SALAD BAR

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

Bagel

Bagel
 Cheese Sticks
 Fruit
 Vegetable Sticks
 Low-Fat Milk

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

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



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

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."

www.maschiofood.com

Carrot Sticks or Tossed Salad Cup available daily.



Maschio's Food Services, Inc.