

EAST AMWELL TOWNSHIP SCHOOL

DECEMBER MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable of Month Sweet Potatoes High in Vitamin A and great for your	Eat A Red Apple Day December 1st! 	EAT A RED APPLE DAY Super Subs Pasta Salad Fresh Apple Juice, Milk	Barbeque Rib on Wheat Roll Baked Fries Peaches Carrots Low Fat Milk	3 French Bread Pizza Pudding Cups Assorted Fruit Veggie Sticks Milk 
6 Meatball Subs Mashed Potatoes String Beans Applesauce Milk 	7 Whole Grain Day Chicken Breast on a Whole Grain Roll Brown Rice Carrots Apple Slices Low Fat Milk	8 Popcorn Chicken Wheat Roll Butter Noodles Peas Peas Milk	9 French Toast Turkey Sausage Orange Juice Pears Milk	10 PANATIER'S PIZZA Tossed Salad Apple Slices Fruit Punch Low Fat Milk 
13 Chicken Nuggets Wheat Roll Baked Fries Peas Applesauce Milk	14 Two for Tuesday! Cheeseburger Sliders Pretzel Sticks String Beans Blueberries Apple Juice Milk 	15 Chicken & Vegetables Chinese Noodles Brown Rice Peaches Tangerine Low Fat Milk	16 Holiday Dinner Savory Roasted Chicken Wheat Roll Sweet Potatoes, Peas Peach Cobbler Dried Blueberries Milk 	17 Cheese Pizza Veggie Cups Tossed Salad Assorted Fruit Milk
20 Hot Ham & Cheese on a Bagel Potato Rounds Fruit Cup Corn Milk 	21 Winter Begins Grilled Cheese on a Pretzel Bun Tomato Soup String Beans Assorted Fruit Low Fat Milk	22 Taco Boats Fluffy Rice Corn Lettuce & Tomatoes Peas Milk 	23 EARLY DISMISSAL Hot Dogs on a Bun Baked Beans Assorted Fruit Veggie Cups Milk	 Happy Holidays
27 Winter Recess 	28 Winter Recess 	29 Winter Recess 	30 	31 FRUIT THE MONTH Tangerines High in Vitamin C! 

Student Lunch \$2.65
 Adult Lunch \$3.90

Available Daily



Choice of flavored or unflavored, low fat milk



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** Or **Bagel**
- Bag Lunch**
- Veggie Sticks
 - Fruit
 - Low Fat Milk
 - Or
 - 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

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.

