



EAST AMWELL SCHOOL



FEBRUARY 2011 LUNCH MENU

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did You Know? February is Heart Healthy Month Celebrate with us on Feb 14th HEART HEALTHY MONTH</p>	<p>1 Cheeseburger on a Bun Pasta Salad String Beans Peaches Dried Cherries Low Fat Milk Choice</p>	<p>2 Mac & Cheese Wheat Roll Ham Hash Sweet Peas Chilled Pears Low Fat Milk Choice</p>	<p>3 "SUPER BOWL" Field Goal Chicken Nuggets Pumpnickel Roll Touchdown Tator Tots Corn Niblets Cinnamon Apple Sauce Low Fat Milk Choice</p>	<p>4 PANATIER'S PIZZA Crisp Veggie Sticks Assorted Fruit Pudding Low Fat Milk Choice</p>
<p>7 Meatball Sub Whipped Potatoes Savory Green Beans Chilled Peaches Low Fat Milk Choice</p>	<p>8 Hot Dog on a Bun Oven Baked Fries Baked Beans Celery Sticks w/Dip Low Fat Milk Choice</p>	<p>9 Barbeque Rib on a Wheat Roll Buttered Noodles Golden Corn Chilled Pears Low Fat Milk Choice</p>	<p>10 Mini Cheezy Burger On Twin Buns Baked Oven Fries Glazed Carrots Fruit Cup Low Fat Milk Choice</p>	<p>11 French Bread Pizza Crisp Veggie Sticks Assorted Fruit Cup of Fresh Salad 100% Juice Low Fat Milk Choice</p>
<p>14 Heart Health Day Pasta & Meat Sauce Toasted Italian Roll String Beans Chilled Peaches Low Fat Milk Choice</p>	<p>15 French Toast Turkey Sausage Orange Slices Fruit Cup Pudding Cup Low Fat Milk Choice</p>	<p>16 Grill Cheese on a Pretzel Bun, Tomato Soup Crackers Chilled Pears Golden Corn Low Fat Milk Choice</p>	<p>17 Grilled Chicken on a Wheat Roll Brown Rice Corn Niblets Apple Slices Jell-o Low Fat Milk Choice</p>	<p>18 Big Daddy's Pizza Crisp Veggie Sticks Assorted Fruit Cup of Fresh Salad 100% Juice Low Fat Milk Choice</p>
<p>21 School Closed PRESIDENTS DAY</p>	<p>22 LUCKY PLATE DAY Chicken & Vegetables Lo Mien Noodles Fluffy Rice Hot Vegetable Pears Low Fat Milk Choice</p>	<p>23 Cheese Steak on a Roll Tator Tots Peas Cinnamon Applesauce Cucumber Slices w/Dip Low Fat Milk Choice</p>	<p>24 Meaty Nachos/Cheese Spanish Rice Corn Lettuce & Tomatoes Assorted Fruit Low Fat Milk Choice</p>	<p>25 Cheese Pizza Fresh Caesar Salad Warm Apple Slices Veggie Cups w/Dip Low Fat Milk Choice</p>
<p>28 Chicken Nuggets w/ Roll Whipped Potatoes Green Beans Chilled Pears Low Fat Milk Choice</p>		<p>American Heart Association Learn and Live™</p> <p>LET'S MOVE!</p>		<p>PLEASE CALL THE SCHOOL NURSE IF YOUR STUDENT HAS ANY ALLERGY CONCERNS</p>

- Student Lunch \$2.65
- Adult Lunch \$3.90
- "SIDEKICKS"**
- Milk \$0.60
- Fruit or Juice \$0.60
- Baked Chips \$0.75
- Ice Cream \$0.75
- Otis Cookie \$0.25
- Spring Water \$1.00
- Hot Pretzel \$0.75
- Flavored Water \$1.00

Available Daily

- MAC CHICKEN WRAP**
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
- Or
- Bagel Bag Lunch**
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



Nutrition News

'HEART HEALTHY MONTH'

BEST BUY *Complete Lunch...Only \$2.65
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."
FRUIT AND VEGETABLE of the month



Oranges & Snow Peas

Menu Subject To Change

www.maschiofood.com



Maschio's Food Services, Inc.

Carrot Sticks or Tossed Salad Cup available daily.
YOUR CHOICE OF FLAVORED OR UNFLOVERED MILK AND EXTRA BREAD DAILY