



EAST AMWELL SCHOOL



JUNE 2011 LUNCH MENU

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
	National Dairy Month Customer Appreciation Day June 20th 	1 <i>Roast Turkey and Gravy</i> <i>Wheat Roll</i> <i>Corn Nibbles</i> <i>Pears</i> <i>Low Fat Milk</i>	2 <i>Corn Dog Nuggets</i> <i>Roll</i> <i>Celery Sticks</i> <i>Assorted Fruit</i> <i>Fruit Punch</i> <i>Low Fat Milk</i>	3 <i>Stuffed Crust Pizza</i> <i>Fresh Salad Cups</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i>
National Dairy Month				
6 <i>Grilled Cheese on a Pretzel Bun</i> <i>Corn</i> <i>Chilled Peaches</i> <i>Fruit Punch</i> <i>Low Fat Milk</i>	7 <i>Hot Dog on a Bun</i> <i>Baked Fries</i> <i>Oven Baked Beans</i> <i>Orange Slices</i> <i>Low Fat Milk</i>	8 <i>Popcorn Chicken</i> <i>Wheat Roll</i> <i>Whipped Potatoes</i> <i>Savory String Beans</i> <i>Peaches</i> <i>Low Fat Milk</i>	9 <i>Cheeseburger on a Bun</i> <i>Lettuce & Tomato</i> <i>Baked Fries</i> <i>Pears</i> <i>Low Fat Milk</i> <i>Low Fat Milk</i>	10 <i>Pan Pizza</i> <i>Salad Cup</i> <i>Mixed Fruit</i> <i>Blueberry Cups</i> <i>Low Fat Milk</i>
13 <i>Mandarin Chicken, Roll</i> <i>Fluffy Rice</i> <i>Hot Vegetables</i> <i>Peaches</i> <i>Low Fat Milk</i>	14 <i>Turkey or Double Cheese Sliders</i> <i>Pretzels</i> <i>Cucumber Slices</i> <i>Apple Juice</i> <i>Low Fat Milk</i>	15 <i>Roasted Chicken</i> <i>Wheat Roll</i> <i>Whipped Potatoes</i> <i>Green Beans</i> <i>Fruit Cup</i> <i>Low Fat Milk</i>	16 LUCKY PLATE DAY <i>B.B.Q Rib on a Wheat Roll</i> <i>Baked Beans</i> <i>Blueberry Cups</i> <i>Applesauce</i> <i>Low Fat Milk</i>	17 <i>Cheese Pizza</i> <i>Assorted Fruit</i> <i>Salad Cups</i> <i>Pudding</i> <i>Low Fat Milk</i>
20 Customer Appreciation Day! <i>California Burger on a Wheat Roll</i> <i>String Beans</i> <i>Fruit Cup</i> <i>Icy Juicy. Milk</i>	21 EARLY DIMISSAL <i>Chicken Nuggets</i> <i>Wheat Roll</i> <i>Corn</i> <i>Peaches</i> <i>Low Fat Milk</i>	22 EARLY DISMISSAL <i>Hot Dog on a Bun</i> <i>Baked Beans</i> <i>Veggie Cups</i> <i>Applesauce</i> <i>Low Fat Milk</i>	23 EARLY DISMISSAL PANATIER'S PIZZA <i>Carrot Cups</i> <i>Assorted Fruit</i> <i>Low Fat Milk</i>	24
 "HAVE A SAFE AND HAPPY SUMMER"				

Available Daily

- 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
- 8 oz Spring Water \$1.00
- Hot Pretzel \$1.75
- Flavored Water \$1.00

- MAC CHICKEN WRAP**
- Veggie Sticks
- Fruit
- Low Fat Milk
- Or
- Peanut Butter & Jelly on Wheat Bread**
- Or
- SALAD BAR**
- Mixed Salad Platter w/proteins, Whole Grain Bread, Fruit, Milk, Roll

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- 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 Wrap
- Fri:** Tuna on Wheat Bread



Menu Subject To Change

www.maschiofood.com

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."
VEGETABLE of the month
Cucumber

Carrot Sticks or Tossed Salad Cup available daily.

YOUR CHOICE OF FLAVORED OR UNFLOVERED MILK AND EXTRA BREAD