



EAST AMWELL SCHOOL

March 2011 LUNCH MENU

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March is National School Nutrition Month National School Breakfast Week 7th- 11th</p>	<p>1 Cheeseburger on a Bun Baked Oven Fries Lettuce & Tomato String Beans Blueberry Cups Low Fat Milk</p>	<p>2 DR. SEUSS BDAY Egg & Cheese on a Bagel Ham Hash Corn Orange Juice Low Fat Milk</p>	<p>3 EARLY DISMISSAL Hot Dog on a Bun Applesauce Baked Beans Orange Juice Low Fat Milk</p>	<p>4 EARLY DISMISSAL Pan Pizza Pudding Assorted Fruit Celery Sticks Low Fat Milk</p>
<p>7 Meatball Sub Mashed Potatoes String Beans Blueberry Cups Peaches Low Fat Milk</p>	<p>8 Chicken Fajitas over Rice Corn Dried Cherries Pears Low Fat Milk</p>	<p>9 French Toast Turkey Sausage Crispy Hash Brown Orange Juice Fruit Cup Low Fat Milk</p>	<p>10 French Bread Pizza Fresh Tossed Salad Carrot Cups Peaches Jell-o Low Fat Milk</p>	<p>11 SCHOOL CLOSED</p>
<p>14 LUCKY PLATE DAY Barbeque Rib on a Wheat Roll Buttered Noodles Peas Pears Low Fat Milk</p>	<p>15 Chicken Nuggets /Roll Whipped Potatoes Corn Niblets Fruit Cup Low Fat Milk</p>	<p>16 Mini Cheese Sliders Oven Fries Savory String Beans Peaches Dried Cherries Low Fat Milk</p>	<p>17 St. Patrick's Day Hot Dog on a Bun Sauerkraut Golden Nuggets Pot of Jell-o Clover Salad Magical Fruit, Milk</p>	<p>18 PANATIER'S PIZZA Crisp Veggie Sticks Assorted Fruit Pudding Low Fat Milk</p>
<p>21 Corn Dogs Mac & Cheese Corn Niblets Peaches Blueberry Cups Low Fat Milk</p>	<p>22 Cheeseburger on a Bun Pasta Salad Warm Carrots Apple Sauce Dried Cherries Low Fat Milk</p>	<p>23 LUCKY PLATE DAY Sloppy Joe on a Roll Brown Rice Peas Fruit Cup Assorted Milk</p>	<p>24 Baked Chicken Wheat Roll Whipped Potatoes String Beans Apple Sauce Low Fat Milk</p>	<p>25 Cheese Pizza Fresh Caesar Salad Blueberry Cups Veggie Sticks Apple Juice Low Fat Milk</p>
<p>28 Chicken & Vegetables Lo Mien Noodles Fluffy Rice Corn Peaches Low Fat Milk</p>	<p>29 Grilled Cheese on a Pretzel Bun Tomato Soup/Crackers Warm Carrots Pears Low Fat Milk</p>	<p>30 Nachos & Cheese Spanish Rice Corn Lettuce & Tomatoes Fruit Cup Low Fat Milk</p>	<p>31 Popcorn Chicken Wheat Roll Oven Rounds Savory Green Beans Apple Sauce Low Fat Milk</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
- 8 oz Spring Water \$1.00
- Hot Pretzel \$0.75
- Flavored Water \$1.00

Available Daily



- MAC CHICKEN WRAP** Or **Bagel Bag Lunch**
- Veggie Sticks Bagel
- Fruit Cheese Sticks
- Low Fat Milk Fruit
- Or Vegetable Sticks
- Peanut Butter & Jelly on Wheat Bread** Or **Low-Fat Milk**
- Or **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 Wrap
- Fri:** Tuna on Wheat Bread

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

Nutrition News

'National Nutrition 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
Beans**



Menu Subject To Change

www.maschiofood.com



Maschio's Food Services, Inc.