

EAST AMWELL TOWNSHIP SCHOOL

JANUARY MENU 2011

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatball Sub Mashed Potatoes String Beans Peaches Milk 	4 Cheeseburger on a Bun Potato Rounds Lettuce & Tomatoes Apple Sauce Low Fat Milk	5 Nachos Spanish Rice Corn Lettuce & Tomatoes Pears Milk 	6 Chicken Nuggets Pumpernickel Roll Brown Rice Green Beans Fruit Cup Low Fat Milk	7 Pan Pizza Caesar Salad Veggie Cups Apple Slices Milk 
10 Corn Dog Nuggets Roll Baked Beans Celery Sticks Applesauce Milk	11 Taco Pizza Corn Peaches Apple Juice Assorted Milk	12 Mac & Cheese Wheat Roll Tomato Soup Gold Fish Crackers Pears Milk 	13 Sloppy Joe On a Bun Baked Fries String Beans Fruit Cup Low Fat Milk	14 PANATIER'S PIZZA Pudding Salad Cups Assorted Fruit Low Fat Milk 
17 SCHOOL CLOSED 	18 Popcorn Chicken Dinner Roll Mashed Potatoes String Beans Apple Slices Low Fat Milk	19 Winter Picnic Barbeque Rib on a Wheat Roll Corn Apples Fruit Punch Milk 	20 Grilled Cheese on a Pretzel Bun Tomato Soup Carrots Peaches Assorted Milk 	21 French Bread Pizza Jell-o Cups Tossed Salad Fruit Cups Low Fat Milk 
24 CHINESE NEW YEAR Chicken & Vegetables Lo Mein Chinese Noodles Rice/Pears Fortune Cookies Milk 	25 Hot Dog on a Bun Sauerkraut Baked Beans Applesauce Milk 	26 Pasta & Meat Sauce Italian Rolls String Beans Peaches Low Fat Milk 	27 Cheeseburger Sliders Baked Fries Peas Fruit Cup Milk	28 Cheese Pizza Veggie Cups Assorted Fruit Apple Juice Milk
31 Ham & Cheese on a Bagel Tomato Soup Gold Fish Crackers Apple Sauce Milk			Eating Healthy: 	FRUIT AND VEGETABLE OF THE MONTH 

Student Lunch \$2.65
 Adult Lunch \$3.90

Available Daily



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



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
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

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

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.

