

EAST AMWELL TOWNSHIP SCHOOL

NOVEMBER MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg & Cheese on a English Muffin Ham Hash Corn Fruit Cup Milk Assortment 	2 Cheeseburger on a Bun Potato Wedges Peas Peaches Milk	3 National Sandwich Day! Super Sub with Pickles, Lettuce and Tomato Veggie Pasta Salad Chips Pickles Low Fat Milk 	4 NJEA School Closed	5 NJEA School Closed
8 Meatball Subs Peas Blueberry Cups Fruit Cup Apple Juice Milk	9 Corn Dogs Pretzels Corn Dried Blueberries Apple Slices Milk	10 Chicken Nuggets Wheat Roll Brown Rice String Beans Peaches Low Fat Milk	11 French Toast Turkey Sausage Orange Juice Pears Milk	12 Cheese Pizza Pudding Cups Assorted Fruit Vegi Cups Milk Assortment 
15 Grill Cheese on a Pretzel Bun Assorted Fruit Warm Carrots Dried Blueberries Milk 	16 Thanksgiving Feast! Roast Turkey with Gravy and Stuffing Buttered Green Beans Mashed Potatoes Cherry Crisp / Milk	17 SCHOOL CLOSED 	18 SCHOOL CLOSED	19 PANATIER'S PIZZA Tossed Salad Apple Slices Fruit Punch Milk 
22 Hot Ham & Cheese on a Bagel Potato Wedges String Beans Fruit Cup Milk	23 Chicken Fajitas Spanish Rice Corn Apple Slices Peaches Low Fat Milk	24 EARLY DISMISSAL Hot Dog on a Bun Baked Beans Applesauce Celery Sticks Milk 	25 School Closed Thanksgiving Recess 	26 School Closed Thanksgiving Recess 
29 Popcorn Chicken Wheat Roll Rice String Beans Fruit Cup Low Fat Milk	30 Cheese Steak Tator Tots Applesauce Peas Apple Juice Milk	Fruit of the Month: Apples 	Vegetable of the Month: Zucchini 	

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
Monday: Turkey Wrap
Tuesday: Italian Sub
Wed: Egg Salad Sand.
Thurs: Ham & Cheese
Fri: Tuna on Wheat Bread

Bagel

Bagel
 Cheese Sticks
 Fruit
 Vegetable Sticks
 Low-Fat Milk

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.

