



EAST AMWELL SCHOOL



MAY 2011 LUNCH MENU

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dog Nuggets Wheat Roll Baked Beans Apple Sauce Fruit Punch Low Fat Milk 	3 Cheeseburger on a Wheat Bun Crispy Baked Fries String Beans Chilled Pears Low Fat Milk 	4 Macaroni & Cheese Wheat Roll Ham Hash Sweet Peas Peaches Low Fat Milk 	5 CINCO DE MAYO Nachos & Cheese Seasoned Rice Churros Corn Niblets Assorted Fruit Low Fat Milk 	6 Pan Pizza Fresh Salad Cup Celery Sticks Blueberry Cups Low Fat Milk 
9 Baked Chicken Nuggets Wheat Roll Whipped Potatoes Glazed Carrots Peaches Low Fat Milk 	10 Turkey or Tuna Subs Pretzels Pickles Fresh Cucumber Cups Assorted Fruit Low Fat Milk 	11 LUCKY PLATE DAY Barbeque Rib on a Wheat Roll Brown Rice String Beans Pears Low Fat Milk 	12 Hot Dog on a Bun Baked Beans Cinnamon Applesauce Blueberry Cups Low Fat Milk 	13 PANATIER'S PIZZA Crisp Veggie Sticks Assorted Fruit Jell-o Low Fat Milk 
16 EARLY DISMISSAL Egg & Cheese on a Bagel Ham Hash Sweet Peas Cinnamon Applesauce Low Fat Milk 	17 Pasta & Meat Sauce Italian Roll String Beans Peaches Low Fat Milk 	18 Family Wellness Day Mandarin Flavored Chicken, Roll Fluffy Rice Hot Vegetables Assorted Fruit Low Fat Milk 	19 Grilled Chicken w/Cheese on a Wheat Roll Buttered Noodles Steamed Carrots Chilled Pears Low Fat Milk 	20 Cheese Pizza Blueberry Cups Veggie Sticks Fruit Cup Low Fat Milk 
23 French Toast Turkey Sausage Potato Rounds Orange Juice Low Fat Milk 	24 National B.B.Q Month B.B.Q. Chicken, Roll Vegetable Pasta Salad Baked Beans Fresh Apple Low Fat Milk 	25 Popcorn Chicken Wheat Roll Potato Wedges Savory Green Beans Peaches Low Fat Milk 	26 Grilled Cheese on a Pretzel Bun/Pickles Sweet Corn Crisp Celery Sticks Applesauce Low Fat Milk 	27 FIELD DAY 
30 School Closed 	31 Cheeseburger on a Bun Crispy Oven Fries Carrots Peaches Apple Juice Low Fat Milk 	Eating Healthy: 		

- 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

- 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

- Bagel Bag Lunch**
- Bagel
- Cheese Sticks
- Fruit
- Vegetable Sticks
- Low-Fat Milk

- Monday:** Turkey Wrap
- Tuesday:** Italian Sub
- Wed:** Egg Salad Sand.
- Thurs:** Tuna on wheat roll
- Fri:** Ham & Cheese Sand

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

 **Carrot Sticks or Tossed Salad Cup available daily.** 

YOUR CHOICE OF FLAVORED OR UNFLOVERED MILK AND EXTRA BREAD DAILY

