



GARWOOD PUBLIC SCHOOLS














Maschio's Food Services - Proudly Serving Your School

Maschio's Food Services, Inc.

MARCH 2010 Lunch Menu

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Swirled French Toast Sausage Patty Peach Cup, 100% OJ Milk 	2 General Tso Chicken Steamed Rice Mandarin Vegetables Chilled Pineapple Milk <u>Read across America</u>	3 Domino's Pizza Garden Salad 100% Grape Juice Milk Pudding 	4 Hamburger or Cheeseburger on a bun Macaroni Salad Golden Corn Chilled fruit Milk 	5 Pizza Sticks Marinara Sauce Carrot Sticks & Dip Box of Raisins Milk
8 Egg & Cheese On a Bagel Hash Brown Patty 100% OJ Applesauce Cup Milk	9 Pasta & Meatballs Pink Sauce Warm Garlic Bread Green Beans Chilled Fruit Milk	10 Domino's Pizza Garden Salad 100% Grape Juice Milk Pudding 	11 <u>Johnny Appleseed Day</u> Chicken Fajita's Salsa, Sour Cream Spanish Rice Fresh Apple Milk 	12 Personal Pan Pizza Carrot Sticks & Dip Chilled Fruit Milk
15 Waffle Sticks w/ Syrup Sausage Patty 100% OJ Pineapple Cup Milk	16 Popcorn Chicken Tater Tots Green Beans Box of Raisins Milk	17 Domino's Pizza Garden Salad 100% Grape Juice Milk Pudding 	18 Meatball Parm. Sand. Pasta Marinara Cucumber Slices Chilled Fruit Milk	19 Mozzarella Sticks Marinara Sauce Carrot Sticks & Dip Chilled Fruit Milk 
22 "<u>MAC</u>" Muffin Sausage, Egg & Cheese on a Biscuit Hash Brown Patty Peach Cup 100% Fruit Juice, Milk	23 Chicken Quesadilla Salsa, Sour Cream Spanish Rice Chilled Fruit Milk 	24 Domino's Pizza Garden Salad 100% Grape Juice Milk Pudding	25 Crispy Chicken Sand. Cheese Fries Cole Slaw Applesauce Cup Milk	26 Personal Pan Pizza Carrot Sticks & Dip Chilled Fruit Milk 
<h1>SPRING RECESS</h1>				Fruit of the Month: Raisins 
				Vegetable of the Month: Mixed Greens 

Student Lunch \$ 2.50

Adult Lunch \$3.25

"SIDEKICKS"

Milk	\$.65
Soy Milk	\$ 1.00
Fresh Fruit	\$.60
Baked Chips	\$.60
Ice Cream	\$ 1.00
Cookie	\$.35
Hot Pretzel	\$.75
Juice Box	\$.75
Spring Water	\$.50
Pudding	\$.50

Additional Lunch Selections:

- *Bagel Bag Lunch
- *Hot Dog on a Bun
- *Salad Bar
- *Peanut Butter and Jelly Uncrustable
- *Veggie Burger

with Fruit and Milk
\$ 2.50/\$3.25

www.maschiofood.com

"SANDWICH STACKERS"

Assorted Sandwiches

Monday: Egg Salad on W. Bread
 Tuesday : Bologna & Cheese on Wheat
 Wednesday: Turkey & Cheese on Roll w/Lettuce & Tomato
 Thursday: Chicken Caesar Wrap
 Friday: Italian Hoagie

with Side Salad, Fruit and Milk
\$ 2.50/\$3.25

Choice of flavored or unflavored, low fat milk with all meals.
 Rice and soy milk will also be available for an additional charge.
 Money can be put on your child's account by sending cash or check to the cafeteria made payable to the Garwood Board of Ed.

MENU SUBJECT TO CHANGE

Cafeteria Phone# 908-233-1672

Carrot Sticks and Bread Basket available daily.

