

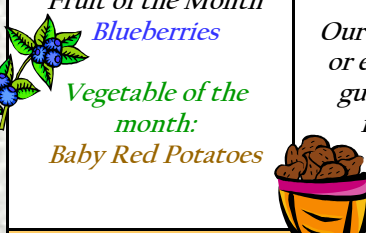
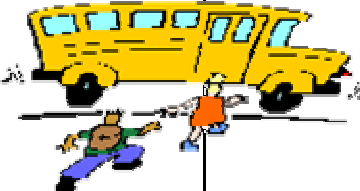








GARWOOD PUBLIC SCHOOLS

Maschio's Food Services Proudly Serving Your School

Maschio's Food Services, Inc.

SEPTEMBER 2010 Lunch Menu

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fruit of the Month</i> Blueberries</p> <p><i>Vegetable of the month:</i> Baby Red Potatoes</p> 	<p><i>Our lunch menu meets or exceeds the USDA guidelines for child nutrition lunch programs.</i></p> 			
<p>LABOR DAY SCHOOL CLOSED</p>			<p>9</p> <p style="color: red;"><u>Welcome Back</u> Please bring your lunch today. Thank- You</p>	<p>10</p> <p>Please bring your lunch today. We will begin serving lunch on Monday</p>
<p>13</p> <p><i>Cinnamon Swirled French Toast</i> <i>Sausage Patty</i> <i>Applesauce</i> <i>100% OJ, Milk</i></p>	<p>14</p> <p><i>Baked Ziti</i> <i>Warm Garlic Bread</i> <i>Sweet Peas</i> <i>Chilled Fruit</i> <i>Milk</i></p>	<p>15</p> <p><i>Domino's Pizza</i> <i>Garden Salad</i> <i>100% Grape Juice</i> <i>Milk</i></p> 	<p>16</p> <p><i>Chicken Quesadilla</i> <i>Spanish Rice</i> <i>Sour Cream, Salsa</i> <i>Chilled Pineapple</i> <i>Milk</i></p>	<p>17</p> <p><i>Pizza Sticks w/ Marinara Sauce</i> <i>Carrot Sticks & Dip</i> <i>Chilled Fruit</i> <i>Milk</i></p> 
<p>20</p> <p><i>Egg & Cheese on a Bagel</i> <i>Sausage Patty</i> <i>100% OJ, Peach cup</i> <i>Milk</i></p> 	<p>21 "Viva Italia!"</p> <p><i>Cheese Ravioli</i> <i>Tossed Salad</i> <i>Warm Garlic Bread</i> <i>Chilled Blueberries</i> <i>Milk</i></p>	<p>22 Autumn Begins</p> <p><i>Domino's Pizza</i> <i>Garden Salad</i> <i>100% Juice Fruit Punch</i> <i>Milk</i></p>  	<p>23</p> <p><i>Popcorn Chicken</i> <i>Whole Wheat Roll</i> <i>Tater Tots</i> <i>Green Beans</i> <i>Chilled Fruit, Milk</i></p>	<p>24</p> <p><i>Personal Pan Pizza</i> <i>Carrot Sticks & Dip</i> <i>Chilled Fruit</i> <i>Milk</i></p>
<p>27</p> <p><i>Crispy Chicken Patty</i> <i>On a bun</i> <i>Tater Tots</i> <i>Green Beans</i> <i>Chilled Pears, Milk</i></p>	<p>28 Belly Buster</p> <p><i>Cheese Steak Hero</i> <i>Peppers & Onions</i> <i>Curly Fries</i> <i>Chilled Fruit</i> <i>Milk</i></p>	<p>29</p> <p><i>Domino's Pizza</i> <i>Garden Salad</i> <i>100% Juice Fruit Punch</i> <i>Milk</i></p>	<p>30</p> <p><i>Crunchy Twin Tacos</i> <i>Meat, Cheese</i> <i>Salsa</i> <i>Spanish Rice</i> <i>Chilled Blueberries</i> <i>Milk</i></p>	

Student Lunch \$ 2.50
Adult Lunch \$3.50

"SIDEKICKS"

- Milk \$.65
- Rice & Soy Milk \$ 1.00
- Fresh Fruit \$.60
- Baked Chips \$.60
- Ice Cream \$.80
- Cookie \$.35
- Hot Pretzel \$.75
- Flavored Water \$1.25
- Juice Box \$.75
- Spring Water \$.50
- pudding \$.50

Additional Lunch Selections:

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

with Fruit and Milk
\$ 2.50/\$3.50

www.maschiofood.com

"SANDWICH STACKERS"

Assorted Sandwiches

Monday: **Chicken Caesar Salad & Wheat Roll**
Tuesday : **Bologna & Cheese on Wheat**
Wednesday: **Italian Hoagie**
Thursday: **Chef Salad & W. Roll**
Friday: **Egg Salad on Wheat**

Complete your meal with Fruit and Milk
\$ 2.50/\$3.50

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



Money can be put on your students 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.