

Lester D. Wilson School

October 2011 Menu

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets w/Whole Grain Roll Mashed Potatoes Buttered Green Beans Pineapple Milk Choice	4 Beef Tacos w/cheese Seasoned Rice Shredded Lettuce Salsa Fruit Cup Milk Choice	5 Corn Dog Nuggets, Roll Tator Tots Hot Vegetable Peaches Milk Choice	6 Big Daddy Pizza Caesar Salad Fruit Punch Fresh Fruit Milk Choice	7 In-Service Day No Lunch Served 
NATIONAL SCHOOL LUNCH WEEK				
10 In-Service Day No Lunch Served 	11 LUCKY PLATE DAY Chicken Fries Wheat Roll Whole Kernel Corn Whipped Potatoes Fresh Orange Slices Milk Choice 	12 California Burger on Bun French Fries Lettuce, Tomato Pickles Mixed Fruit Milk Choice	13 Nachos with Beef And Cheese Rice, Salsa Peaches Milk Choice 	14 Stuffed Crust Pizza Garden Salad Carrots 100% Juice Cup Milk Choice
17 Pizza Dippers Marinara Sauce Veggie Sticks Chilled Fruit Milk Choice	18 Chicken Fajitas w/Cheese Seasoned Rice Shredded Lettuce Salsa, Peaches Milk Choice	19 Hot Dog on Bun Tator Tots Baked Beans Homemade Apple Crisp Milk Choice	20 Mac & Cheese French Bread French Green Beans Orange Slices Milk Choice	21 Pan Pizza Veg. Pasta Salad Fruit Mix Apple Juice Milk Choice 
WORLD FOOD WEEK				
24 CHINESE Oriental Chicken w/Fried Rice, Roll Stir Fried Veggies Pineapple Fortune Cookie Milk Choice 	25 ITALY Pasta w/Meat Sauce Garlic Bread Green Beans Pears Milk Choice 	26 Breakfast for Lunch! French Toast w/Turkey Sausage Orange Juice Hot Apple Slices Milk Choice	27 Chicken Tenders Dinner Roll Whipped Potatoes Buttered Corn Pineapple Milk Choice	28 Mezza Luna Pizza Fresh Salad Chilled Fruit Milk Choice Cookie w/ Lunch
31 HAPPY HALLOWEEN Goblin Burger on a Bun Goolish Fries Creepy Veggies Freaky Fruit Monster Milk	Fruit & Vegetable of the Month: Apples & Spaghetti Squash 	Please Look for Activity Sheets Week of Oct 10th - Oct 14th 	School Lunch LET'S GROW HEALTHY 	National School Lunch Week Oct 10th -14th World Food Week Oct 24th-Oct 28th 

Student Lunch	\$2.75
Adult Lunch	\$ 3.25
"SIDEKICKS"	
Milk	\$.50
Fruit	\$.50
Baked Chips	\$.75
Baked Cookie	\$.25
Hot Pretzel	\$.75
Spring Water	\$.50/\$1.00
Slushy	

Alternate Lunch
 Mon & Tues Pan Pizza
 Wed: Egg Salad Sand.
 Thurs & Fri Egg Salad Sandwich
 Chicken Patty on a Bun
 Bagel Bag Lunch
Includes Vegetable, Fruit or Juice and Milk

SALAD EXPRESS
 \$2.75/\$3.25
 Salad Platter with fresh vegetables, various proteins, breads and fruits. Milk included

Bread Basket Available Daily


Complete Lunch...Only \$2.75
Includes Vegetable, Fruit or Juice and Milk

Make checks to Alexandria Township School
 5 Meals \$13.75

"Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs."

www.maschiofood.com