

# MARIA L. VARISCO ROGERS CHARTER SCHOOL

## NOVEMBER LUNCH MENU

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich w/Vegetable Soup Crackers Fruit Cup Milk Selection	3 Pasta w/Meat Sauce Bread Slice Side Salad Fresh Apple Milk Selection	4 Fish Sticks w/Roll Oven Baked Fries Tarter Sauce Pineapple Cup Milk Selection	5 Egg & Cheese on a Bun Hash Brown Mandarin Oranges Milk Selection	6 GUISTINO'S Pizza Garden Salad Mixed Fruit Cup Milk Selection
9 Chicken Fryz w/Roll Dipping Sauce Mashed Potatoes Fruit Cup Milk Selection	10 Turkey Hot Dog on a Bun w/Tater Tots Fruit Choice Milk Selection	11 Cheeseburger on a Bun Tater Tots Fresh Apple Milk Selection	12 Mac & Cheese w/Meat & Cheese Dinner Roll Tossed Salad Applesauce Milk Selection	13 GUISTINO'S Pizza Pepper Strips w/Dip Fruit Cup Milk Selection
16  Chicken Nuggets Wheat Roll Green Beans Chilled Peaches Milk Selection	17 Pasta w/Meat Sauce Bread Slice Side Salad Fresh Apple Milk Selection	18 <u>HOLIDAY DINNER</u> Turkey, Gravy, Corn Mashed Potatoes Cranberry Sauce Hot Apple Slices w/Cinnamon Milk Selection	19 <u>Brunch</u> French Toast Sticks w/Hash Brown Sausage Links (2) Applesauce Milk Selection	20 GUISTINO'S Pizza Garden Salad Fresh Apple Milk Selection
23 Turkey Taco Platter Cheese & Lettuce Nacho Chips Pineapple Cup Milk Selection	24 Mozzarella Sticks w/Roll Marinara Sauce Side Vegetable Fruit Cup Milk Selection	25 NO LUNCH SERVICE		
30 Chicken Fryz w/Roll Dipping Sauce Mashed Potatoes Fruit Cup Milk Selection	FEATURED FRUIT OF THE MONTH: <b>APPLE</b> 	OUR LUNCH MENUS MEET OR EXCEED THE USDA GUIDELINES FOR CHILD NUTRITION LUNCH PROGRAMS	FEATURED VEGETABLE OF THE MONTH: <b>PEPPER</b> 	

### "SIDEKICKS"

Entrée A La Carte	\$2.75
Milk	\$.50
Fresh Fruit	\$.60
Baked Chips	\$.65
Ice Cream	\$1.00-\$1.50
Baked Cookie	\$.40
Hot Pretzel	\$.75
Spring Water	\$1.00
Switch-100 Juice	\$1.50
Snapple Tea	\$1.00
Soup	\$1.50



Served as a Daily Choice  
Grilled Chicken Caesar Salad  
INCLUDES:  
(Mixed salad greens with Chicken, whole grain bread, Fruit and choice of milk.)

[www.maschiofood.com](http://www.maschiofood.com)

**SELECTIONS FROM THE BREAD BASKET ARE AVAILABLE DAILY WITH ALL MEALS!**



### " SANDWICH STACKERS "

\$2.75/\$3.25

Served as a Daily Choice  
In place of the Hot Entrée

**Monday:** Bagel Bag Meal  
**Tuesday:** Tuna Salad Sandwich  
**Wednesday:** Turkey & Cheese Sandwich  
**Thursday:** Bagel Bag Meal  
**Friday:** Tuna Salad on a Roll

*We do not serve pork products!*

Student Full Price	\$2.75
Reduced Price	\$.40
Adult Price	\$3.25

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



Pre-paid meals available in the cafeteria:  
10 meals: \$27.50



Tossed Salad available everyday with all meals!

**Menu subject to change**