






















MARIA L. VARISCO-CHARTER SCHOOL

Maschio's Food Services, Inc.

OCTOBER LUNCH MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our lunch menus meet or exceed the USDA Guidelines for Child Nutrition Lunch Programs</p> 	<p>Fruit & Vegetable of the Month</p> <p>Grapes Pumpkin</p> 	<p>World Vegetarian Day 10/1</p>  <p>Smile Day 10/3</p>  <p>Halloween 10/31</p> 	<p>National Popcorn Month</p>  <p>National Chili Month</p> 	<p>1</p> <p>Personal Pizza Veggie Pasta Salad Crisp Apple Grape Juice Milk Choice</p>
<p>4</p> <p>Hot Dog on a Bun Chili Potato Tots Fruit Cup Milk Choice</p> 	<p>5</p> <p>Chicken Tenders Dinner roll Steamed Vegetable Chilled Fruit Milk Choice</p> 	<p>6</p> <p>Homemade Macaroni Cheese Wheat Roll Green Peas Chilled Fruit Milk Choice</p> 	<p>7</p> <p>Cheeseburger on a Bun Oven Fries Chilled Fruit Milk Choice</p> 	<p>8</p> <p>Pizza Tossed Salad Fruit Juice Chilled Fruit Milk Choice</p> 
<p>11 No School</p> 	<p>12 No School</p> 	<p>13</p> <p>Chicken Nuggets Dinner Roll Corn Grapes Milk Choice</p> 	<p>14</p> <p>Meatball Hero Steamed Vegetables Pineapple Tidbits Milk Choice</p> 	<p>15</p> <p>French Bread Pizza Pasta Salad Fruit Juice Assorted Fruit Milk Choice</p>
<p>18</p> <p>Crisp Chicken Patty on a Bun Corn Fresh Fruit Milk Choice</p> 	<p>19</p> <p>French Toast Hash Brown Sausage Patty Chilled Orange Juice Milk Choice</p>	<p>20</p> <p>Pasta W/ Meat Sauce Garlic Bread Tossed Salad Assorted Fruit Milk Choice</p>	<p>21 World Food Week</p> <p>Cheese Quesadilla with Salsa Mexicali Corn & Rice Chilled Fruit Milk Choice</p> 	<p>22</p> <p>Personal Pizza Pasta Salad Whole Fruit Fruit Juice Milk Choice</p> 
<p>25</p> <p>Popcorn Chicken Mashed Potatoes Corn Chilled Fruit Cup Milk Choice</p>	<p>26</p> <p>Cheeseburger Pumpkin Shaped Pretzel Chilled Fruit Cup Milk Choice</p> 	<p>27</p> <p>Cheese Stuffed Shells w/ Marinara Sauce Dinner Roll Green Beans Chilled Fruit Milk Choice</p>	<p>28</p> <p>Grilled Chicken Sandwich French Fries Chilled Fruit Milk Choice</p>	<p>29</p> <p>Pizza Tossed Salad Fruit Juice Chilled Fruit Milk Choice</p> 

"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

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

www.maschiofood.com

We do not serve pork products!

Menu subject to change

"Daily Specials"

\$2.75/\$3.25

Served as a Daily Choice
In place of the Hot Entrée
Grilled Chicken Caesar Salad
INCLUDES:

(Mixed salad greens with Chicken, whole grain bread, fruit and choice of milk.)

-or-

Tuna Salad Sandwich

-or-

Bagel Bag Meal

Includes Fruit & Milk Selection

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



Make checks payable to Maria L. Varisco -Rogers Charter School.