

MARIA L. VARISCO-ROGERS CHARTER SCHOOL

TEACHER _____ GRADE _____

Maschio's Food Services

OCTOBER 2009

Healthy Meals Grows Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger____ Grilled Chicken Caesar Salad____ American Cheese & Lettuce Wrap__	2 Pizza____ Grilled Chicken Caesar Salad____ Tuna Salad w/Lettuce on a Roll__
5 Fish Sticks__ Grilled Chicken Caesar Salad____ Bagel Bag Meal__	6 Egg Patty w/Cheese____ Grilled Chicken Caesar Salad____ Chef's Salad____	7 Grilled Cheese____ Grilled Chicken Caesar Salad____ Grilled Chicken Wrap____	8 Breaded Chicken Patty__ Grilled Chicken Caesar Salad____ American Cheese & Lettuce Wrap____	9 Pizza____ Grilled Chicken Caesar Salad____ Tuna Salad w/Lettuce on a Roll__
12 Oven Baked Potato____ Grilled Chicken Caesar Salad____ Bagel Bag Meal__	13 Chicken Nuggets____ Grilled Chicken Caesar Salad____ Chef's Salad____	14 Baked Ziti____ Grilled Chicken Caesar Salad____ Grilled Chicken Wrap____	15 Philly Cheese Steak____ Grilled Chicken Caesar Salad____ American Cheese & Lettuce Wrap____	16 Pizza____ Grilled Chicken Caesar Salad____ Tuna Salad w/Lettuce on a Roll__
19 Turkey Hot Dog__ Grilled Chicken Caesar Salad____ Bagel Bag Meal__	20 Beef Taco____ Grilled Chicken Caesar Salad____ Chef's Salad____	21 French Toast__ Grilled Chicken Caesar Salad____ Grilled Chicken Wrap____	22 Chicken Stir Fry__ Grilled Chicken Caesar Salad____ American Cheese & Lettuce Wrap____	23 Pizza____ Grilled Chicken Caesar Salad____ Tuna Salad w/Lettuce on a Roll__
26 Breaded Chicken Patty____ Grilled Chicken Caesar Salad____ Bagel Bag Meal__	27 Hamburger____ Grilled Chicken Caesar Salad____ Chef's Salad____	28 Pasta/Meat Sauce____ Grilled Chicken Caesar Salad____ Grilled Chicken Wrap____	29 Turkey Hot Dog__ Grilled Chicken Caesar Salad____ American Cheese & Lettuce Wrap____	30 Pizza____ Grilled Chicken Caesar Salad____ Tuna Salad w/Lettuce on a Roll__