



MARIA L. VARISCO-CHARTER SCHOOL






Featured Fruit & Vegetable of the Month



Maschio's Food Services, Inc.

AUG/SEPTEMBER LUNCH MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
8/30 WELCOME BACK Chicken Nuggets Mixed Vegetables Fruit Cup Milk Selection	8/31 Mozzarella Sticks w/Marinara Sauce Garlic Bread Fruit Cup Milk Selection	1 Cheeseburger on a Bun Oven Fries Mixed Fruit Milk Selection 	2 Beef Taco w/Cheese, Lettuce & Salsa Sweet Corn Applesauce Cup Milk Selection	3 Pizza Carrot Sticks & Dip 100% Fruit Juice Milk Selection
6 Grilled Cheese on a Pretzel Bun Tater Tots Fruit Cup Milk Selection	7 Pizza Sticks Tossed Salad Fruit Cup Milk Selection	8 Beef-a-Roni w/Mountain Roll Side Vegetable Mixed Fruit Cup Milk Selection 	9 Chicken Patty w/Roll Steamed Carrots Fruit Cup Choice Milk Selection	10 French Bread Pizza Celery Sticks & Dip 100% Fruit Juice Blend Cup Milk Selection 
13 Chicken Fajita w/Roll Steamed Rice Mixed Vegetables Fruit Cup Milk Selection	14 Meatball Hoagie Tossed Salad Fruit Cup Milk Selection	15 Popcorn Chicken Buttered Noodles Carrots Fruit Cup Milk Selection 	16 Mac & Cheese Dinner Roll Green Beans Blueberries Milk Selection	17 Stuffed Crust Pizza Mixed Green Salad 100% Apple Juice Cup Milk Selection
20 Grilled Chicken Sandwich w/Lettuce Steamed Carrots Fruit Cup Milk Selection 	21 Hot Dog on a Bun Baby Red Potato Salad Fruit Choice Milk Selection 	22 Cheese Steak Hero w/Side Vegetable Fruit Choice Milk Selection	23 Turkey w/Gravy Bread Slice Side Potatoes Fruit Cup Milk Selection	24 French Bread Pizza Celery Sticks & Dip 100% Fruit Juice Cup Milk Selection
27 Chicken Tenders Mashed Potatoes Corn Fruit Cup Milk Selection	28 Corn Dog Nuggets w/Roll Smiley Face Potatoes Fresh Apple Milk Selection	29 Mozzarella Sticks w/Sauce Garlic Bread Green Beans Fruit Cup	30 Sloppy Joe on a Bun w/Golden Corn Steamed Rice Fresh Banana Milk Selection	Our Lunch Menus meet or exceed the USDA guidelines for Child Nutrition Program

"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.