

MARIA L. VARISCO-ROGERS CHARTER SCHOOL

TEACHER _____ GRADE _____

Maschio's Food Services

SEPTEMBER 2009

Healthy Meals Grows Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
8/31 Popcorn Chicken ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/1 Cheeseburger ___ Tuna Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___	9/2 Beef Nachos ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/3 Grilled Cheese ___ Tuna Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___	9/4 Pizza ___ Cheese & Tomato Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___
9/7	9/8 Chicken Nuggets ___ Tuna Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___	9/9 Hot Dog ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/10 Pasta/Meat Sauce ___ Tuna on Roll ___ Chicken Caesar Salad ___ Chef's Salad ___	9/11 Pizza ___ Cheese & Tomato Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___
9/14 Grilled Chicken/ Bun ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/15 Mac & Cheese ___ Tuna Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___	9/16 Beef Tacos ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/17 Baked Potato ___ Tuna on Roll ___ Chicken Caesar Salad ___ Chef's Salad ___	9/18 Pizza ___ Cheese & Tomato Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___
9/21 Philly Cheese Steak ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/22 Hamburger ___ Tuna Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___	9/23 French Toast ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/24 Chicken Nuggets ___ Grilled Chicken Tuna on Roll ___ Chicken Caesar Salad ___ Chef's Salad ___	9/25 Pizza ___ Cheese & Tomato Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___
9/28 Grilled Cheese ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___	9/29 Chicken Tenders ___ Tuna Wrap ___ Chicken Caesar Salad ___ Chef's Salad ___	9/30 Hot Dog ___ Italian Sub ___ Chicken Caesar Salad ___ Chef's Salad ___		

Note: Must be submitted daily before lunch. Teacher must ask the students for their favorite selection for the day. This way, the cafeteria would be able to prepare the right amount of food ahead of time in order to save time.