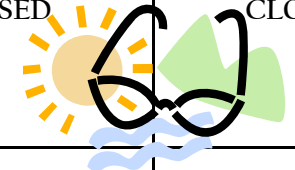
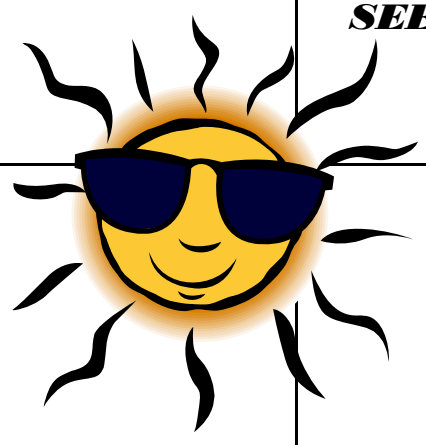




# MORRIS-UNION JOINTURE COMMISSION

Maschio's Food Services, Inc.

SUMMER LUNCH MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
8/2 Hamburger or Cheese Burger on a Bun Curly Fries Pickles, Fruit Cup Milk Selection Total Cal: 714 Carbs: 96g Fat: 27g	8/3 Chicken Fryz Wheat Dinner Roll Buttered Noodles Vegetable Medley Assorted Fruit Milk Selection Total Cal: 734 Carbs: 100g Fat: 22g	8/4 Macaroni & Cheese Whole Wheat Bread Green Beans Fresh Apple Milk Selection Total Cal: 616 Carbs: 91g Fat: 16g	8/5 "Gluten Free Meal" Nachos w/Beef Cheese, Lettuce, Salsa White Rice, Corn Assorted Fruit Milk Selection Total Cal: 832 Carbs: 108g Fat: 26g	8/6 Deep Dish Pizza Garden Salad w/Dressings Assorted Fruit Milk Selection Total Cal: 703 Carbs: 103g Fat: 21g
8/9 Hot Dog on a Bun Onion Rings Baked Beans Cookie Milk Selection Total Cal: 885 Carbs: 146g Fat: 26g	8/10 Breaded Chicken Sandwich Potato Salad Assorted Fruit Milk Selection Total Cal: 667 Carbs: 89g Fat: 24g	8/11 Pizza Sticks Marinara Sauce Italian Bread Mixed Vegetables Assorted Fruit, Milk Total Cal: 750 Carbs: 111g Fat: 20g	8/12 SCHOOL CLOSED	8/13 SCHOOL CLOSED
				
<b>HAVE A SAFE AND HAPPY RECESS</b>				
<b>SEE YOU IN SEPTEMBER</b>				
  				

Student Lunch Prices:  
 HS- \$3.00  
 MS- \$2.75  
 Elem.- \$2.50  
 Adult- \$3.50

Milk- \$ .45  
 Spring Water-  
 \$ .50/\$1.00

Whole grain breads are available with all meals.



Fresh Fruit is available with each meal.

"Sandwich Stackers"

Alternate entrées:  
 American Cheese Sandwich  
 Peanut Butter & Jelly Sandwich  
 Prepaid Tickets Available

Choice of Evaporated or unflavored, low fat or lactose free milk with all meals.



Menu subject to change