














# MORRIS-UNION JOINTURE COMMISSION

*Maschio's Food Services, Inc.*

SUMMER LUNCH MENU 2010

*Healthy Meals Grow Healthy Kids!*

Monday	Tuesday	Wednesday	Thursday	Friday
6/28 NEW STAFF TRAINING 	6/29 ALL STAFF ORIENTATION	6/30 Chicken Nuggets Mashed Potatoes, Roll Assorted Vegetables Assorted Fruit Milk Selection Total Cal: 733 Carbs: 91g Fat: 25g	7/1 BBQ Ribs on a Bun Corn on Cob Pasta Salad Assorted Fruit Milk Selection  Total Cal: 782 Carbs: 103g Fat: 23g	7/2 Cheese Pizza Garden Salad Gelatin Cup Assorted Fruit Milk Selection Total Cal: 758 Carbs: 117g Fat: 22g
7/5 SCHOOL CLOSED 	7/6 Hamburger or Cheese Burger on a Bun Curly Fries Pickles, Fruit Cup Milk Selection Total Cal: 719 Carbs: 99g Fat: 27g	7/7 Cheese Ravioli Italian Bread Garden Salad Assorted Fruit Milk Selection  Total Cal: 703 Carbs: 113g Fat: 20g	7/8 Chicken Caesar Wrap (Whole Wheat) 100% Orange Juice Apple Cobbler Milk Selection Total Cal: 832 Carbs: 99g Fat: 36g	7/9 Personal Pan Pizza Cucumber Coins Low Fat Pudding Assorted Fruit Milk Selection  Total Cal: 688 Carbs: 112g Fat: 15g
7/12 Chicken Teriyaki Fluffy Rice Stir Fry Vegetables Chilled Pineapple Milk Selection  Total Cal: 704 Carbs: 95g Fat: 18g	7/13 Hot Dog on a Bun Macaroni Salad Baked Beans Orange Slices Milk Selection  Total Cal: 801 Carbs: 118g Fat: 25g	7/14 Spaghetti w/Meatballs Garlic Bread Garden Salad Fresh Berries Milk Selection  Total Cal: 776 Carbs: 98g Fat: 26g	7/15 "Gluten Free Meal" Beef Tacos Cheese, Lettuce, Salsa White Rice, Corn Assorted Fruit Milk Selection  Total Cal: 721 Carbs: 103g Fat: 20g	7/16 French Bread Pizza Spinach Salad w/Croutons Assorted Fruit Milk Selection  Total Cal: 687 Carbs: 105g Fat: 25g
7/19 Popcorn Chicken Seasoned Noodles Assorted Vegetables Assorted Fruit Milk Selection  Total Cal: 685 Carbs: 96g Fat: 20g	7/20 Sloppy Joe on a Bun Tater Tots Mini Carrots w/Dip Assorted Fruit Milk Selection Total Cal: 849 Carbs: 113g Fat: 29g	7/21 Turkey & Cheese Sub Lettuce & Tomato Pasta Salad 100% Fruit Juice Milk Selection  Total Cal: 701 Carbs: 90g Fat: 22g	7/22 Grilled Cheese Tomato & Cucumber Salad Assorted Fruit Milk Selection Total Cal: 715 Carbs: 104g Fat: 23g	7/23 Pizza Sticks Marinara Sauce Italian Bread Caesar Salad Assorted Fruit, Milk Total Cal: 767 Carbs: 109g Fat: 24g
7/26 French Toast Sticks Turkey Sausage Hash Brown Potato 100% Apple Juice Milk Selection Total Cal: 889 Carbs: 117g Fat: 30g	7/27 Chicken Tenders Whole Wheat Roll Mashed Potatoes Assorted Vegetables Assorted Fruit, Milk  Total Cal: 673 Carbs: 88g Fat: 21g	7/28 Italian Meatball Hero Vegetable Pasta Salad Assorted Fruit Milk Selection Total Cal: 845 Carbs: 94g Fat: 33g	7/29 Gluten Free Meal" Grilled Chicken Fluffy White Rice Sliced Carrots Fresh Apple Milk Selection Total Cal: 601 Carbs: 88g Fat: 16g	7/30 Stuffed Crust Pizza Tossed Salad Low Fat Pudding Assorted Fruit Milk Selection Total Cal: 848 Carbs: 120g Fat: 27

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