

MORRIS-UNION JOINTURE COMMISSION

Maschio's Food Services, Inc.

FEBRUARY 2012 LUNCH MENU

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit Of the Month Banana 	1 Italian Hero Lettuce & Tomato Vegetable Soup Diced Pears Milk Selection Total Cal: 629 Carbs: 91 g Fat: 13 g	2 "Super Bowl Party" Field Goal Chicken Touchdown Potatoes Super Green Salad Fresh Red Apple Milk Choice  Total Cal: 452 Carbs: 66g Fat: 11g	3 Pizza Sticks w/Marinara Sauce Spinach Salad Assorted Fruit Milk Selection Total Cal: 543 Carbs: 71 g Fat: 17 g
6 Breaded Chicken Sandwich Red Potato & Pasta Salad Fruit Cup, Milk Total Cal: 581 Carbs: 88g Fat: 14g	7 Hamburger or Cheeseburger on a Bun Oven Baked Fries Pickle Chips Applesauce, Milk  Total Cal: 610 Carbs: 69g Fat: 18g	8 Pasta w/Meatballs Italian Bread Fresh Tossed Salad Mixed Fruit Cup Milk Selection  Total Cal: 823 Carbs: 125g Fat: 18g	9 Waffles Sticks Turkey Sausage Hash Brown Potato Fresh Banana Milk Selection Total Cal: 681 Carbs: 94 g Fat: 26 g	10 Deep Dish Pizza Caesar Salad w/Croutons Gelatin Cup Milk Selection Total Cal: 655 Carbs: 82g Fat: 25g
13 Baked Mac & Cheese Wheat Dinner Roll Sweet Peas & Carrots Mixed Fruit Cup Milk Selection Total Cal: 576 Carbs: 85g Fat: 13g	14 "Heart Healthy" "Gluten Free Meal" Grilled Chicken  Brown Rice Green Beans Fruited Cherry Jell-O Milk Selection Total Cal: 453 Carbs: 59g Fat: 13g	15 Chili con Carne w/Beans Tortilla Chips Sweet Corn Chilled Fruit Cup Milk Selection  Total Cal: 545 Carbs: 74 g Fat: 17g	16 French Bread Pizza Veggie Sticks w/Dip Low Fat Pudding Fresh Apple Milk Selection Total Cal: 590 Carbs: 78 g Fat: 18 g	17 SCHOOL CLOSED  WINTER BREAK
20 SCHOOL CLOSED  WINTER BREAK	21 Chicken Fajitas w/Peppers Spanish Rice Chilled Pineapple Cup Milk Selection Total Cal: 539 Carbs: 81 g Fat: 9 g	22 Grilled Cheese Sandwich Tomato Soup Creamy Cole Slaw Orange Slices, Milk  Total Cal: 570 Carbs: 71 g Fat: 19 g	23 Roast Turkey Sandwich w/Gravy Mixed Vegetables Fresh Banana Milk Selection  Total Cal: 501 Carbs: 47 g Fat: 7g	24 Cheese Pizza Fresh Tossed Salad w/Dressing Mixed Fruit Cup Milk Selection Total Cal: 516 Carbs: 70 g Fat: 17g
27 Chicken Nuggets w/Dip Wheat Dinner Roll Mashed Potatoes Applesauce Milk Selection  Total Cal: 499 Carbs: 74 g Fat: 11 g	28 Beef Stroganoff w/Noodles Wheat Bread Sweet Green Peas Chilled Peaches Milk Selection Total Cal: 840 Carbs: 101g Fat: 31 g	29 Taco Salad w/Meat Cheese, Lettuce & Salsa, Tortilla Chips Black Beans Chilled Fruit Cup Milk Selection Total Cal: 599 Carbs: 75 g Fat: 18 g	Vegetable Of the Month Red Potatoes 	

Student Lunch Prices:
 HS- \$3.25
 MS- \$3.00
 Elem.- \$2.75
 Adult- \$3.75

Milk- \$.50
 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 flavored or unflavored, low fat or whole fat milk with all meals.
PREPARED FOR STRUCTURED

Menu subject to change