

Lambertville Public School

South Hunterdon Regional
School District

December 2017
Breakfast Menu

**Get a Healthy Start to Your Day with
School Breakfast!**

**Available Daily:
Assorted Cereals with
Graham Crackers or Cheese Stick
Assorted Fruit, 100% Juice Selection,
and Milk Selection**

**Did you know, if you are
approved for free or reduced lunch,
you are also eligible for breakfast!**

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips,

potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken.

Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

Student Breakfast \$1.85

Adult Breakfast \$2.55

Reduced Breakfast \$0.30

Connect with us!



Questions or Concerns? Please
Visit www.MaschioFood.com
Or Call Maschio's Food Services at:
(609)397-0838

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				1 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
4 PB&J Jamwich Assorted Fruit 100% Fruit Juice Milk Selection	5 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	6 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	7 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	8 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
11 Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	12 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	13 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	14 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	15 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
18 PB&J Jamwich Assorted Fruit 100% Fruit Juice Milk Selection	19 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	20 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	21 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	22 Half Day Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

MENU SUBJECT
TO CHANGE

Lunch Money On Account
ON LINE MEAL PAYMENTS! www.payforit.net OR Send In An
Envelope With Student Name, Grade & School
Attention 'Food Service'

**Checks or Money Orders payable to:
South Hunterdon Regional School District**



"This institution is an equal opportunity provider"