

# Lambertville Public School

South Hunterdon Regional  
School District

January 2018  
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:

It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy,

legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

**Student Breakfast \$1.85**

**Adult Breakfast \$2.55**

**Reduced Breakfast \$0.30**

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Muffin Bag Meal with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	3 <b>Turkey Bacon, Egg and Cheese on a Bagel</b> Assorted Fruit 100% Fruit Juice Milk Selection	4 <b>Bagel Bag Meal with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	5 <b>Cereal Bar with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection
8 <b>PB&amp;J Jamwich</b> Assorted Fruit 100% Fruit Juice Milk Selection	9 <b>Muffin Bag Meal with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	10 <b>Turkey Bacon, Egg and Cheese on a Bagel</b> Assorted Fruit 100% Fruit Juice Milk Selection	11 <b>Bagel Bag Meal with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	12 <b>Cereal Bar with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Muffin Bag Meal with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	17 <b>Turkey Bacon, Egg and Cheese on a Bagel</b> Assorted Fruit 100% Fruit Juice Milk Selection	18 <b>Bagel Bag Meal with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	19 <b>Cereal Bar with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection
22 <b>PB&amp;J Jamwich</b> Assorted Fruit 100% Fruit Juice Milk Selection	23 <b>Muffin Bag Meal with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	24 <b>Turkey Bacon, Egg and Cheese on a Bagel</b> Assorted Fruit 100% Fruit Juice Milk Selection	25 <b>Bagel Bag Meal with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Milk Selection	26 <b>Cereal Bar with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection
29 <b>Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin</b> Assorted Fruit 100% Fruit Juice Milk Selection	30 <b>Muffin Bag Meal with Cheese Stick</b> Assorted Fruit 100% Fruit Juice Milk Selection	31 <b>Turkey Bacon, Egg and Cheese on a Bagel</b> Assorted Fruit 100% Fruit Juice Milk Selection		

**Lunch Money On Account**  
**ON LINE MEAL PAYMENTS! [www.payforit.net](http://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**

MENU SUBJECT  
TO CHANGE

**Maschio's**  
Food Services, Inc.

"This institution is an equal opportunity provider"