

Lambertville Public School
South Hunterdon Regional
School District
June 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:

Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

- 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
<i>enjoy your</i> Summer Vacation!				1 Cereal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
4 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	5 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	6 Turkey Sausage, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	7 Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	8 Cereal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
11 Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	12 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	13 Turkey Sausage, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	14 Half Day Mini Pancakes Assorted Fruit 100% Fruit Juice Milk Selection	15 Half Day Cereal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
18 Half Day Mini Waffles Assorted Fruit 100% Fruit Juice Milk Selection	19 Half Day Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection LAST DAY OF SCHOOL	20	21  FUN and SUN	22
25	26	27	28	29

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

MENU SUBJECT TO CHANGE

 "This institution is an equal opportunity provider"