

Lambertville Public School
 South Hunterdon Regional
 School District
 November 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:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

- 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
 Try to fill at least half your plate with fruits and vegetables!				
		1 School Closed	2 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	3 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
6 Half Day PB&J Jamwich Assorted Fruit 100% Fruit Juice Milk Selection	7 Half Day Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	8 Half Day Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	9 School Closed	10 School Closed
13 Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	14 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	15 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	16 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	17 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
20 PB&J Jamwich Assorted Fruit 100% Fruit Juice Milk Selection	21 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	22 Half Day Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	23 School Closed	24 
27 Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	28 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	29 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	30 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	

**Happy
 Thanksgiving!**

**MENU SUBJECT
 TO CHANGE**


Maschio's
 Food Services, Inc.
 "This institution is an equal opportunity provider"

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**