

Lambertville Public School

South Hunterdon Regional School District - Lambertville

January 2018 Lunch Menu

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!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.90

Maschio's Swap Outs

Monday: Turkey & Cheese or Ham & Cheese Sandwich

Tuesday: Chicken Caesar Salad Wrap or toss Salad

Wednesday: Turkey & Cheese or Ham & Cheese Sandwich

Thursday: Chicken Caesar Salad Wrap or toss Salads

Friday: Tuna Salad on a Croissant or Chicken Sandwich

Maschio's Swap Outs Available Daily

Yogurt Meal with bagel
Fruit & Cheese Platter with Pita
Peanut Butter & Jelly Sandwich
Cereal Bag
Hummus Platter with Pita

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 Nicola Pizza Tossed Salad Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Hamburger or Cheeseburger Oven Baked Fries Fresh or Chilled Fruit
8 Philly Cheesesteak Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Nicola Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Nicola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Nicola Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	25 Fish Sticks Smile Fries Fresh or Chilled Fruit	26 Winter picnic BBQ grilled Chicken sandwich Country slaw Baked beans Fresh or Chilled Fruit
29 Pizza Bagel Peas & Carrots Fresh or Chilled Fruit	30 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 Nicola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit		

Connect with us!



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

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

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

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