

# Lambertville Public School

South Hunterdon Regional School District

## November 2016 Breakfast Menu

Healthy Meals Grow Healthy Kids!



**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!**



**MASCHIO'S MAIN EVENT**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>"Super Food" Pomegranate Month</b> Sample It on the 29th!	<b>1</b> 'Warm' Cherry Filled Strudel Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	<b>2</b> Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	<b>3</b> Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	<b>4</b> Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
<b>7</b> PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	<b>8</b> Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	<b>9</b> Peaches and Cream Waffle Dunkers Assorted Fruit 100% Fruit Juice Milk Selection	<b>10</b> <b>Staff Inservice</b> <b>NJEA Convention</b> <b>School Closed</b>	<b>11</b> <b>Veterans Day</b> <b>NJEA Convention</b> <b>School Closed</b>
<b>14</b> Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>15</b> 'Warm' Cherry Filled Strudel Assorted Fruit 100% Fruit Juice Milk Selection	<b>16</b> Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	<b>17</b> Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	<b>18</b> Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>
<b>21</b> PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection	<b>22</b> Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	<b>23</b> Peaches and Cream Waffle Dunkers Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	<b>24</b> <b>Happy Thanksgiving!</b>	<b>25</b> 
<b>28</b> Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	<b>29</b> 'Warm' Cherry Filled Strudel Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	<b>30</b> Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	<b>Try to fill at least half your plate with fruits and vegetables!</b> 	

### Nutrition News:

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color! Enjoy your creation with cold low-fat milk.

- Student Breakfast \$1.85
- Adult Breakfast \$2.55
- Reduced Breakfast \$0.30

**BREAKFAST CLUB RAFFLE EVERY WEEK!**

Please Visit: [www.maschiofood.com](http://www.maschiofood.com)



Check us out on Facebook: [Maschio's Food Services, Inc.](http://www.MaschioFood.com)

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

Lunch Money On Account  
**ON LINE MEAL PAYMENTS! (Coming Soon) [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



"This institution is an equal opportunity provider"