



# Lambertville Public School

South Hunterdon Regional School District  
October 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  
Milk Selection

**Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!**

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



### Nutrition News:

Show your spirit this month for National School Lunch Week!

The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	4 Turkey Bacon, Egg and Cheese Burrito Assorted Fruit 100% Fruit Juice Milk Selection	5 PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection	6 Yogurt Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	7 Pumpkin Swirl Bun with a Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
10 Mini Cinnis Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	11 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	12 Yom Kippur <b>School Closed</b>	13 Scrambled Eggs with Sausage and Toast Assorted Fruit 100% Fruit Juice Milk Selection	14 Cinnamon Toast Crunch Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
17 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	18 Turkey Bacon, Egg and Cheese Burrito Assorted Fruit 100% Fruit Juice Milk Selection	19 'Warm' Cherry Filled Strudel Assorted Fruit 100% Fruit Juice Milk Selection <i>Lucky Tray Day</i>	20 Yogurt Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	21 Pumpkin Swirl Bun with a Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
24 Mini Cinnis Assorted Fruit 100% Fruit Juice Milk Selection	25 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	26 PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection	27 Scrambled Eggs with Sausage and Toast Assorted Fruit 100% Fruit Juice Milk Selection	28 Cinnamon Toast Crunch Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
31 <i>Lucky Tray Day</i> Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection <i>Happy Halloween!</i>	<b>CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH</b> 			



Check us out on Facebook : Maschio's Food Services, Inc.

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"