

Lambertville Public School

South Hunterdon Regional School District

December 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

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 Sandwich

Tuesday: Chicken Caesar Salad Wrap

Wednesday: Turkey & Cheese Sandwich

Thursday: Chicken Caesar Salad Wrap

Friday: Tuna Salad on a Croissant

Maschio's Swap Outs Available Daily

Yogurt Meal with Pita
 Fruit & Cheese Platter with Pita
 Peanut Butter & Jelly Sandwich



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



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS			1 All Natural Beef Hot Dog on a Bun Tater Tots Fresh or Chilled Fruit	2 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit
5 Crispy Chicken BLT on a Croissant Potato Wedges Fresh or Chilled Fruit	6 Nacho Platter with Scoops, Taco Meat, Shredded Cheddar Cheese, Lettuce, & Salsa Corn Fresh or Chilled Fruit	7 Nicola's Pizza Freshly Made Tossed Salad Fresh or Chilled Fruit	8 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	9 Pizza Stick Marinara Sauce Steamed Broccoli Fresh or Chilled Fruit
12 Popcorn Chicken Smile Fries Sweet Peas Fresh or Chilled Fruit	13 <i>Lucky Tray Day</i> Pasta Day with Meatballs Steamed Broccoli Fresh or Chilled Fruit	14 Nicola's Pizza Freshly Made Caesar Salad Fresh or Chilled Fruit	15 Holiday Feast Baked Chicken Dinner Roll Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit	16 Pan Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
19 Chicken Nuggets Soft Pretzel Stick Sweet Waffle Fries Fresh or Chilled Fruit	20 Breakfast for Lunch Pancakes Sausages Hash Browns Fresh or Chilled Fruit	21 First Day of Winter Nicola's Pizza Freshly Made Italian Salad Fresh or Chilled Fruit	22 All Natural Beef Hot Dog on a Bun Spiral Fries Fresh or Chilled Fruit	23 Hamburger Or Cheeseburger Baked Fries Fresh or Chilled Fruit

Half Day

Enjoy your Winter Break & Have a Happy New Year!

Our well-balanced lunches are 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! (Coming Soon)
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**



"This institution is an equal opportunity provid-

MENU SUBJECT TO CHANGE