



Lambertville Public School

South Hunterdon Regional School District

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward®" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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 Sand or Ham & Cheese Sand

Tuesday: Chicken Caesar Salad Wrap or Salid

Wednesday: Turkey & Cheese Sand or Ham & Cheese

Thursday: Chicken Caesar Salad Wrap or Salid

Friday: Tuna Salad on a Croissant or Chicken Sand.

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY SPRING! 				
		1 Nicola's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet 	3 Pasta Alfredo with Garden Veggies Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	7 Cheese Calzones Sweet Corn Fresh or Chilled Fruit	8 Nicola's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	10 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit
ARE YOU UP FOR THE CHALLENGE? CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!				
13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	14 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 Nicola's Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit	16 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit	17 Lucky Tray Day Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit
20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp 1st Day of Spring	21 Waffles Breakfast sausage Hash Browns Fresh or Chilled Fruit	22 Nicola's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	23 Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit	24 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit
27 Popcorn Chicken Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	28 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	29 Nicola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	31 Pizza Bagels Baked Fries Fresh or Chilled Fruit

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!

MENU SUBJECT TO CHANGE

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



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