



Healthy Meals Grow Healthy Kids!

### Mac's 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 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.

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 MAIN EVENT

## 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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>"Super Food" Pomegranate Month</b> <b>Sample It on the 29th!</b>	<b>1</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Sweet Corn Fresh or Chilled Fruit	<b>2</b> <b>Nicola's Pizzeria Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>3</b> <b>New Item!</b> <b>Sandwich Day</b> <b>Crispy Chicken BLT on a Croissant</b> Sweet Potato Fries Fresh or Chilled Fruit 	<b>4</b> <b>Pasta Day with Meat Sauce</b> Fresh Veggie Dippers Fresh or Chilled Fruit
<b>7</b> <b>Crispy Chicken Nuggets</b> Confetti Rice Steamy Carrots Fresh or Chilled Fruit	<b>8</b> <b>Breakfast for Lunch</b> <b>Egg and Cheese Scramble Wrap</b> Breakfast Sausage Roasted Sweet Potato Bites Fresh or Chilled Fruit	<b>9</b> <b>Nicola's Pizzeria Cheese Pizza</b> Freshly Made Green Bean Salad Fresh or Chilled Fruit	<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> <b>Popcorn Chicken</b> Dinner Roll X-Ray Vision Maple Cinnamon Carrots Fresh or Chilled Fruit	<b>15</b> <b>Tuna Noodle Casserole</b> with Sweet Peas Fresh Cucumber Coins Fresh or Chilled Fruit !00% Sorbet	<b>16</b> <b>Nicola's Pizzeria Cheese Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	<b>17</b> <b>Thanksgiving Dinner</b> <b>Roast Turkey with Gravy</b> Herbed Bread Stuffing Mashed Potatoes with Gravy Sweet Carrots Pear Crisp	<b>18</b> <b>All Natural Beef Hot Dog on a Bun</b> Baked Vegetarian Beans Spiral Fries Fresh or Chilled Fruit
<b>21</b> <b>Breaded Chicken Sandwich on a Bun</b> Freshly Made Cucumber Tomato Salad Fresh or Chilled Fruit	<b>22</b> <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	<b>23</b> <b>Nicola's Pizzeria Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>24</b> <b>25</b>  <b>Happy Thanksgiving!</b>	
<b>28</b> <b>Chicken Nuggets</b> Buttered Noodles Sautéed Spinach with Garlic and Roasted Red Peppers Fresh or Chilled Fruit	<b>29</b> <b>Pomegranate Juice</b> <b>Sample it!</b> <b>Hamburger or Cheeseburger on a Bun</b> Crispy Tater Tots Fresh or Chilled Fruit	<b>30</b> <b>Nicola's Pizzeria Cheese Pizza</b> Fresh Veggie Sticks with Dip Fresh or Chilled Fruit	<b>Try to fill at least half your plate with fruits and vegetables!</b> 	

Our well-balanced lunches available for the week, average between 600-650 calories.

**MENU SUBJECT TO CHANGE**

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**



"This institution is an equal opportunity provid-



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