

We Hope You Enjoyed Your Summer Vacation!

Mac's Nutrition News: Jersey Fresh Farm to School Week



Farm Fresh Produce will be available from September 26th through the 30th.

Look out for the Jersey Fresh Symbol on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria.

Local fruits and vegetables are in season and taste great!

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

MASCHIO'S MAIN EVENT

5 Labor Day Schools Closed 	6 Lucky Tray Day! Welcome Back Crispy Chicken Nuggets Soft Pretzel Stick Smile Fries 100% Juice Sorbet	7 Nicola's Pizzeria Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	8 New Item! Breakfast for Lunch Waffle Sticks with Warm Strawberry Compote Breakfast Sausages Hash Browns Fresh or Chilled Fruit	9 New Item! Chicken Parm with Pasta Marinara Emerald Green Spinach Italiano Fresh or Chilled Fruit
12 Whole Grains Day Seasoned and Roasted Chicken Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit 	13 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomatoes and Salsa Steamy Fluffy Rice Golden Corn Fresh or Chilled Fruit	14 Nicola's Pizzeria Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	15 Mini Burger Sliders Oven Baked French Fries Fresh or Chilled Fruit	16 Meatball Parm Hero Sautéed Savory Green Beans Fresh or Chilled Fruit
19 Crispy Chicken Sandwich Oven Baked Sweet Potato Tots Fresh or Chilled Fruit	20 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	21 Nicola's Pizzeria Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	 22 SCOOP-A-BOWL Beef, Shredded Cheddar Cheese over Rice with Lettuce Tomatoes, and Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	23 Lucky Tray Day! Grilled Cheese Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit National Food Safety Education Month
26 Apple Tasting! Crispy Chicken Nuggets Soft Pretzel Stick Roasted Jersey Fresh Vegetables Jersey Fresh Apples 	27 New Item! Breakfast for Lunch Bacon, Egg, and Cheese on an English Muffin Maple Cinnamon Sweet Potato Tots Jersey Fresh Fruit	28 Nicola's Pizzeria Cheese Pizza Jersey Fresh Pepper Dippers Fresh or Chilled Fruit	29 Hamburger or Cheeseburger on a Bun Oven Crispy Baked Potato Wedges Jersey Fresh Fruit	30 Home-Style Mac and Cheese Warm Breadstick Jersey Fresh Cucumber and Tomato Salad Fresh or Chilled Fruit

Jersey Fresh Farm to School Week

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



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



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



"This institution is an equal opportunity provider"