



Lambertville Public School

South Hunterdon Regional School District

January 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!

wake up!

School Breakfast



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, and
Milk Selection

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

MASCHIO'S MAIN EVENT

Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

BREAKFAST CLUB RAFFLE
EVERY WEEK!

Please Visit: www.maschiofood.com

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 School Closed	3 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	4 Peaches and Cream Waffle Dunkers Assorted Fruit 100% Fruit Juice Milk Selection	5 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	6 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
9 Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	10 'Warm' Cherry Filled Strudel Assorted Fruit 100% Fruit Juice Milk Selection	11 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	12 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	13 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
16 School Closed	17 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	18 Peaches and Cream Waffle Dunkers Assorted Fruit 100% Fruit Juice Milk Selection	19 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	20 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection
23 Breakfast Basket Cheese Stick with Fresh Grapes and a Whole Grain Muffin Assorted Fruit 100% Fruit Juice Milk Selection	24 'Warm' Cherry Filled Strudel Assorted Fruit 100% Fruit Juice Milk Selection	25 Turkey Bacon, Egg and Cheese on a Bagel Assorted Fruit 100% Fruit Juice Milk Selection	26 Bagel Bag Meal with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	27 No School Today Teacher In-Service
30 PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection	31 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection			



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

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (609)397-0838

MENU SUBJECT TO CHANGE

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 provider"