



Lambertville Public School
 South Hunterdon Regional School District
April 2017 Lunch Menu
 Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 Sand or Ham & Cheese Sand
- Tuesday: Chicken Caesar Salad Wrap or Salad
- Wednesday: Turkey & Cheese Sand or Ham & Cheese
- Thursday: Chicken Caesar Salad Wrap or Salad
- 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



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

Monday	Tuesday	Wednesday	Thursday	Friday
3  Pretzel Hot Dog Battered French Fries 100% Juice Sorbet Opening Day	4 Fiesta Chicken Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	5 Nicola's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	6 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Baked Ziti Garlic Bread Green Beans Italiano Fresh or Chilled Fruit
10 Crispy Chicken Sandwich Smile Fries Fresh or Chilled Fruit	11 Chicken Quesadillas Vegetable Medley Fresh or Chilled Fruit	12  Nicola's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	13 Half Day Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	14 School Closed
17 School Closed	18 School Closed	19 School Closed	20 School Closed	21 School Closed
Spring Recess! School Closed				
24 Popcorn Chicken Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	25 Hot Turkey & Cheese Croissant Sub Freshly Prepared Garden Salad Fresh or Chilled Fruit Earth Day	26 Nicola's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit Heartzels Pretzels National Pretzel Day	27 BBQ Roasted Chicken Steamed Carrots Fresh or Chilled Fruit	28 Hamburger or Cheeseburger on a Bun Smile 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"