



# Lambertville Public School

## South Hunterdon Regional School District

### January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's 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!

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



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



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>School Closed</b>	3 <b>Chicken Nuggets</b> Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	4 <b>Nicola's Pizza</b> Tossed Salad Fresh or Chilled Fruit	5 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	6 <b>Mini Pizza Bagels</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>Popcorn Chicken</b> Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	10 <b>New Item!</b> <b>Hot Turkey &amp; Cheese Melt on a Croissant Sub Roll</b> Smile Fries Fresh or Chilled Fruit	11 <b>Nicola's Pizza</b> Tossed Salad Fresh or Chilled Fruit	12 <b>Corn Dog Nuggets</b> Seasoned Potato Wedges Fresh or Chilled Fruit	13 <b>Stuffed Crust Cheese Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 <b>School Closed</b>	17 <b>Grilled Cheese Tomato Soup</b> Fresh Cucumber Dippers Fresh or Chilled Fruit	18 <b>Nicola's Pizza</b> Tossed Salad Fresh or Chilled Fruit	19 <b>Lucky Tray Day</b> <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 <b>New York Style Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
23 <b>Crispy Chicken Sandwich</b> Vegetable Medley Fresh or Chilled Fruit	24 <b>Nachos with Taco Meat, Shredded Cheddar Cheese, Lettuce &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	25 <b>Nicola's Pizza</b> Tossed Salad Fresh or Chilled Fruit	26 <b>Mini Cheese Calzones with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit	27 <b>No School Today</b> <b>Teacher In-Service</b>
30 <b>Breakfast for Lunch French Toast Sticks</b> Breakfast Sausage Tater Tots Fresh or Chilled Fruit	31 <b>Hamburger or Cheeseburger on a Bun</b> BBQ Baked Beans Steamed Corn Strawberry Applesauce <i>Winter Picnic</i>			

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

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-