

West Amwell Township School
South Hunterdon Regional School District
April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat

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

April 6th; Cheeseburger on a Bun

April 9-13 : Pretzel Dog


April 16-20: Hot Turkey, Bacon, Cheese Flatbread

April 23-27: Blueberry Muffin Bag

April 30th-May 4th: Crispy Chicken on a Bun

Maschio's Swap Outs Available Daily

Bagel Bag Meal
 Cereal Bag Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5	6 Twisty Cheesy Breadstick Marinara Sauce Garden Salad Fresh or Chilled Fruit
9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	12 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Panatieri's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip	18 Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Cheese Pizza Or Pepperoni Fresh Veggie Dippers Fresh or Chilled Fruit
Eat the Colors of the Rainbow Week				
23 Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24 Lucky Tray Day Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	25 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 Bacon, Egg, & Cheese on a Croissant Hash Brown Fresh or Chilled Fruit	27 Panatieri's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
30 Chicken Quesadilla Steamed Broccoli 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!

Questions or Concerns? Please Visit www.MaschioFood.com
 Or Call Maschio's Food Services at: (609)397-0819

Lunch Money On Account
ON LINE MEAL PAYMENTS! 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



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"