

West Amwell Township School

South Hunterdon Regional School District

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

Oct 30th –Nov 3rd: Grilled Chicken
Caesar Salad

Nov 6th –10th: Ham & Cheese on Croissant

Nov 13th–17th: Cheeseburger on a Bun

Nov 20th –30th: Crispy Chicken on a Roll

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
 <p>Try to fill at least half your plate with fruits and vegetables!</p>				
6	7	8	9	10
Half Day Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	Half Day Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	Half Day Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit	School Closed	School Closed
13	14	15	16	17
Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit	Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	Panatieri's Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20	21	22	23	24
Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	 Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	Assorted Pizza Vegetable Medley Fresh or Chilled Fruit	School Closed	
27	28	29	30	
Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	Philly Cheesesteak Hero French Fries Warm Pear Crisp	

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

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"