

West Amwell Township School
South Hunterdon Regional School District
September 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News: Jersey Fresh Farm to School Week

JERSEY FRESH Farm Fresh Produce will be available from September 26th through the 30th.
 Look out for the Jersey Fresh Symbol on the lunch line!
Local produce decreases the food miles from the farm to your cafeteria.
Local fruits and vegetables are in season and taste great!

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

Sept. 6th-9th : Corn Dog Nuggets
 Sept. 12th-16th: Chicken Caesar Salad with Dinner Roll
 Sept. 19th-23rd: Tuna Salad on a Croissant
 Sept. 26th-30th: Pretzel Dog

Maschio's Swap Outs Available Daily

Bagel Bag Meal
 Cereal Bag Meal

Mac's Veggie Patch

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

We Hope You Enjoyed Your Summer Vacation!

MASCHIO'S MAIN EVENT

<p>5 Labor Day Schools Closed</p> <p>WHOLE GRAINS COUNCIL AN OLDWAYS PROGRAM</p>	<p>6 It's a Celebration! Welcome Back Crispy Chicken Nuggets Soft Pretzel Stick Smile Fries 100% Juice Sorbet</p>	<p>7 New Item! Chicken Parm with Pasta Marinara Emerald Green Spinach Italiano Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch Pancakes with Syrup Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>9 Panatieri's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>12 Popcorn Chicken with Dipping Sauce Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit</p>	<p>13 Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomatoes and Salsa Steamy Fluffy Rice Golden Corn Fresh or Chilled Fruit</p>	<p>14 Meatball Parm Hero Sautéed Savory Green Beans Fresh or Chilled Fruit</p>	<p>15 Mini Burger Sliders Oven Baked French Fries Fresh or Chilled Fruit</p>	<p>16 Panatieri's Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>19 Crispy Chicken Sandwich Sweet X-Ray Vision Carrot Coins Fresh or Chilled Fruit</p>	<p>20 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit</p>	<p>21 Grilled Cheese Sandwich Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>22 SCOOP-A-BOWL Beef, Shredded Cheddar Cheese over Rice with Lettuce Tomatoes, and Salsa Tostitos SCOOPS![®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>23 It's a Celebration! Panatieri's Cheese Pizza Italian House Salad Fresh or Chilled Fruit</p> <p>National Food Safety Education Month</p>
<p>26 Crispy Chicken Nuggets Soft Pretzel Stick Roasted Jersey Fresh Vegetables Jersey Fresh Apples</p>	<p>27 New Item! Breakfast for Lunch Bacon, Egg, and Cheese on an English Muffin Maple Cinnamon Sweet Potato Tots Jersey Fresh Fruit</p>	<p>28 Home-Style Mac and Cheese Warm Breadstick Jersey Fresh Cucumber and Tomato Salad Fresh or Chilled Fruit</p>	<p>29 Hamburger or Cheeseburger on a Bun Oven Crispy Baked Potato Wedges Jersey Fresh Fruit</p>	<p>30 Panatieri's Cheese Pizza Jersey Fresh Pepper Dippers Fresh or Chilled Fruit</p>

Jersey Fresh Farm to School Week

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! (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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"