



West Amwell Township School

South Hunterdon Regional School District

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month!

- Take the time this month to "put your best fork forward" by achieving the following goals:
- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
 - Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
 - Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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

March 1st-3rd : Muffin Bag

March 6th-10th: Ham & Cheese on a Kaiser Roll

March 13th-17th: Hot Dog on a Bun

March 20th-24th : Corn Dog Nuggets

March 27th-31st : Muffin Bag

Maschio's Swap Outs Available Daily

Bagel Bag Meal
 Cereal Bag Meal



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
		1 Pasta Alfredo with Garden Veggies Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet 	3 Panatieri's Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	7 Turkey Bacon and Cheese Melt on a Croissant Baked Fries Fresh or Chilled Fruit	8 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit	9 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	10 NY Style Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	14 Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	16 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit	17 Panatieri's Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Home-Style Peach Crisp 1st Day of Spring	21 Sausage, Egg And Cheese Mac Muffin Tater Tots Fresh or Chilled Fruit	22 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	23 Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit	24 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
27 Breakfast for Lunch French Toast Breakfast Sausages Tater Tots Fresh or Chilled Fruit	28 Chicken Nacho Platter with Shredded Cheese, Lettuce and Salsa Steamed Corn Fresh or Chilled Fruit	29 Cheesesteak Wrap Potato Wedges Fresh or Chilled Fruit	30 Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	31 Panatieri's Cheese Pizza Freshly Prepared Caesar Salad 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! (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"