

# West Amwell Township School

South Hunterdon Regional School District

## December 2017 Lunch Menu

**NUTRITION NEWS:** With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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

Dec 1st: Crispy chicken sandwich

Dec 4th-8th Chicken Caesar salad

Dec 11th-15th Hot dog on a bun

Dec 18th-Dec 22nd Cheese burger on a bun

Maschio's Swap Outs Available Daily

Bagel Bag Meal  
Cereal Bag Meal

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
  <h1 style="color: blue;">HAPPY HOLIDAYS</h1>				
<b>4 Popcorn Chicken</b> Soft Pretzel Stick Honey glazed Carrots Fresh Apple	<b>5 Taco Tuesday</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit	<b>6 Mini cheese steak pocket with Dipping sauce</b> fries  Fresh or Chilled Fruit	<b>7 Grilled Ham &amp; Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	<b>1 Panatieri's Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>Chicken fried rice broccoli</b> Fresh or Chilled Fruit	<b>12 Creamy Macaroni &amp; Cheese</b> Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	<b>13 Breakfast For Lunch</b> <b>Waffles</b> Sausages Sweet Potato Tots Warm Cinnamon Apples	<b>14 Corndog nuggets</b> carrot sticks Fresh or Chilled Fruit	<b>8 Panatieri's Cheese Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>18 Bbq chicken sandwich</b> Emogi fries Fresh or Chilled Fruit	<b>19 All-Natural Beef Hot Dog on a Bun</b> Potato Wedges Fresh or Chilled Fruit	<b>20 Holiday Meal</b> <b>Cheese Lasagna Rollup with Marinara Sauce</b> Broccoli Italiano Fresh or Chilled Fruit <i>Holiday Pretzel</i>	<b>21 First Day of Winter</b>  Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>15 Panatieri's Cheese Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>22 Assorted pizza</b> Garden salad fresh or chilled fruit
<h1 style="color: blue;">Enjoy your Winter Break &amp; Have a Happy New Year!</h1>				

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

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

Lunch Money On Account  
ON LINE MEAL PAYMENTS! [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



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"