

West Amwell Township School

South Hunterdon Regional School District

December 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

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

Dec. 1st-2nd : Muffin Bag

Dec. 5th-9th: Cheeseburger on a Bun

Dec. 12th-16th: Hot Dog on a Bun

Dec. 19th-22nd : Corn Dog Nuggets

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 Grilled Chicken On a Croissant Tater Tots Fresh or Chilled Fruit	2 Panatieri Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
5 Crispy Chicken Sandwich Potato Wedges Fresh or Chilled Fruit	6 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Corn Fresh or Chilled Fruit	7 Chicken Alfredo With Pasta Steamed Broccoli Fresh or Chilled Fruit	8 Breakfast for Lunch Bacon, Egg, and Cheese Croissant Hash Browns Fresh or Chilled Fruit	9 Panatieri Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
12 Popcorn Chicken Confetti Rice Green Beans Fresh or Chilled Fruit	13 Breakfast for Lunch French Toast Sticks Hash Browns Breakfast Sausages Fresh or Chilled Fruit	14 Lucky Tray Day Pasta Day with Meatballs Sautéed Spinach Fresh or Chilled Fruit	15 Holiday Feast Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Home-Style Apple Crisp	16 Mozzarella Sticks Marinara Sauce Green Beans Fresh or Chilled Fruit
19 Chicken Nuggets Soft Pretzel Stick Sweet Potato Fries Fresh or Chilled Fruit	20 Breakfast for Lunch Egg & Cheese on a Bun Hash Browns Fresh or Chilled Fruit	21 First Day of Winter Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers 100% Juice Sorbet	22 All Natural Beef Hot Dog on a Bun Spiral Fries Fresh or Chilled Fruit	23 Assorted Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
26	27	28	29	30
<h1>Enjoy your Winter Break & Have a Happy New Year!</h1>				

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"