



Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

National Sandwich Day honors the world's first sandwich maker in the 18th century: John Montagu, the Fourth Earl of Sandwich.

Sandwiches are a great way to enjoy all the food groups in one great meal. Build your healthy sandwich with whole grain bread, lean protein, and low-fat cheese. Add fruits and vegetables such as apple slices, avocado, arugula, cucumber, and carrots to top it off with extra nutrients, flavor, and color!
Enjoy your creation with cold low-fat milk.

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

- Nov. 1st-4th : Cheeseburger on a Bun
- Nov. 7th-11th: Hot Dog on a Bun
- Nov. 14th-18th: Corn Dog Nuggets
- Nov. 21st-23rd: Pretzel Dog
- Nov. 28th-30th : 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
"Super Food" Pomegranate Month Sample It on the 29th!	1 Breakfast for Lunch Turkey Sausage, Egg and Cheese Sandwich Hash Brown Twins Fresh or Chilled Fruit	2 New Item! Sandwich Day Crispy Chicken BLT on a Croissant Sweet Potato Fries Fresh or Chilled Fruit <i>Lucky Tray Day</i>	3 Meatball Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit	4 Panatieri's Cheese Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
7 Crispy Chicken Nuggets Dinner Roll Bag of Fresh X-Ray Vision Carrots and Dip Fresh or Chilled Fruit	8 Breakfast for Lunch Pancakes Breakfast Sausage Roasted Sweet Potato Bites Fresh or Chilled Fruit	9 Mini Pizza Bagels Freshly Made Mixed Bean Salad Fresh or Chilled Fruit	10 Staff In-service NJEA Convention School Closed	11 Veterans Day NJEA Convention School Closed
14 Popcorn Chicken in a Boat Warm Soft Pretzel Stick Buttery Green Beans Fresh or Chilled Fruit	15 Breakfast for Lunch Bacon, Egg and Cheese on an English Muffin Baked Tater Tots Fresh or Chilled Fruit	16 All Natural Beef Hot Dog on a Bun Fresh Veggie Dippers Oven Crisp Spiral Fries Fresh or Chilled Fruit	17 Thanksgiving Dinner Roast Turkey with Gravy Dinner Roll Mashed Potatoes with Gravy and Corn Fresh or Chilled Fruit 100% Juice Sorbet	18 Panatieri's Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Chicken Parmesan on a Bun Freshly Made Cucumber Tomato Salad Fresh or Chilled Fruit	22 Breakfast for Lunch French Toast Sticks Breakfast Sausages Roasted Sweet Potato Bites Fresh or Chilled Fruit	23 Assorted Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	Happy Thanksgiving! 	
28 Chicken Nuggets Dinner Roll Medley of Peas and Carrots Fresh or Chilled Fruit	29 Lucky Tray Day Pomegranate Juice Sample it! Hamburger or Cheeseburger on a Bun Crispy Fries Fresh or Chilled Fruit	30 Macaroni and Cheese Dinner Roll Emerald Green Broccoli Fresh or Chilled Fruit	Try to fill at least half your plate with fruits and vegetables! 	

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!

MENU SUBJECT TO CHANGE

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



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