



West Amwell Township School

South Hunterdon Regional School District

October 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

Show your spirit this month for National School Lunch Week!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

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

Oct. 3rd-7th : Tuna Salad on a Croissant

Oct. 10th-14th: Chicken Caesar Salad with Dinner Roll

Oct. 17th-21st: Tuna Salad on a Croissant

Oct. 24th-28th: Pretzel Dog

Oct. 31st : Tuna Salad on a Croissant

Maschio's Swap Outs Available Daily

Bagel Bag Meal

Cereal Bag Meal

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parm Hero X-Ray Vision Carrots Fresh or Chilled Fruit	4 Breakfast for Lunch French Toast Sticks Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	5 Pasta Day with Meat Sauce Sautéed Spinach with Garlic and Roasted Red Peppers Fresh or Chilled Fruit	6 New Item! #ThrowbackThursday Cheeseburger Meatloaf Dinner Roll Mashed Potatoes Peas & Carrots Gelatin Fruit Cup	7 Panatieri's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
10 Super Cheesesteak Hero Spiral Fries Fresh or Chilled Fruit	11 Nacho "Party" Platter with Taco Meat, Shredded Cheese, Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	12 Yom Kippur School Closed	13 "Fire it Up" All Natural Beef Hot Dog on a Bun Baked Beans Cucumber Slices Fresh or Chilled Fruit	14 New Item! Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
17 Chicken Nuggets Soft Pretzel Stick X-Ray Vision Carrots Fresh or Chilled Fruit	18 New Item! Hamburger or Cheeseburger on a Bun Battered French Fries Fresh or Chilled Fruit	19 Mini Ravioli with Marinara Sauce Sweet Peas Fresh or Chilled Fruit	20 New Items! Vegetarian Day Pasta Alfredo with Garden Veggies Herbed Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	21 New Item! Panatieri's Cheese Pizza Freshly Prepared Garden Salad Strawberry Applesauce
24 Popcorn Chicken Dinner Roll Farm Fresh Country Coleslaw Farm Fresh Fruit	25 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	26 New Item! Mini Pizza Bagels Sautéed Spinach with Garlic and Roasted Red Peppers Fresh or Chilled Fruit	27 Pumpkin Day Grilled Chicken Breast on a Pumpkin Swirl Roll Buttery Green Beans Fresh or Chilled Fruit	28 Panatieri's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
31 MONSTER Mozzarella Sticks with Marinara Sauce 800 Breadstick GHOULISH Garden Salad Fresh or Chilled Fruit	CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH 			

Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and

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

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"



Check us out on Facebook : Maschio's Food Services, Inc.



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