

# South Hunterdon High School

February 2017  
Lunch Menu

Student Lunch \$3.10    Reduced Lunch \$0.40    Adult Lunch \$3.90

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

MEDITERRANEAN  
BISTRO

NY Style or Personal Pan Pizza  
with a Variety of Toppings

Fast &  
Fresh

Assorted Freshly Prepared  
Specialty Salad Meals

Great  
Grillers

Hamburger or Cheeseburger on a Bun  
Crispy Chicken Sandwich or  
Spicy Buffalo Chicken Sandwich

Deli  
Central

Made-to-Order Sandwiches:  
Assorted Quality Deli Meats and Cheeses  
on Fresh Rolls, Breads, and Wraps  
with a Variety of Fresh Toppings

Harvest  
Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



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

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)

Or Call Maschio's Food Services at: 609-397-1672

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

		1 <b>Pasta Bar</b> with choice of Alfredo Sauce, Meat Sauce, Chicken Bruschetta Garlic Bread Italian Salad Fresh or Chilled Fruit	2 <b>New Item!</b> <i>Super "Burrito" Bowl</i> Beef Burrito Bowl with Beans, Cheddar Cheese, Rice, & Peppers & Onions Steamed Corn Fresh Orange Wedges <b>Super Bowl Celebration</b>	3 <b>Breakfast for Lunch</b> Ham, Egg, & Cheese on a Roll Sweet Potato Tots Fresh or Chilled Fruit
6 <b>Crispy Chicken BLT on a Roll</b> with Turkey Bacon, Lettuce & Tomatoes Potato Wedges Fresh or Chilled Fruit	7 <b>Nacho Platter</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	8 <b>New Item!</b> <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> <i>Home-Style Minestrone Soup</i> Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>Chicken Fajita Wrap w/ Cheddar Cheese</b> Peppers & Onions Battered FF Fresh or Chilled Fruit	10 <b>Assorted Pizza</b> Freshly Prepared Cucumber & Tomato Salad Baked Fries Fresh or Chilled Fruit
13 <b>Chicken Tender Basket</b> with Warm Pretzel Stick & Tater Tots Fresh or Chilled Fruit	14 <b>New Items!</b> <b>Turkey French Dip Sandwich</b> French Fries Mixed Veggies Hartzel Pretzels <b>Valentine's Day</b>	15 <b>Chicken Parm Sandwich</b> Curly Fries Broccoli Italiano Fresh or Chilled Fruit	16 <b>New Item!</b> <b>Breakfast for Lunch Sausage, Egg, &amp; Cheese on a Biscuit</b> Sweet Potato Tots Fresh or Chilled Fruit	17 <b>School Closed</b>
20 <b>School Closed</b>	21 <b>Buffalo Chicken or Traditional Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	22 <b>Mashed Potato Bowl</b> Popcorn Chicken Cheddar Cheese Corn/Gravy Dinner Roll Fresh or Chilled Fruit	23 <b>New Item!</b> <b>Top Your Own All Beef Burger or Cheeseburger on a Bun</b> with Lettuce, Tomatoes, & Onions <i>Carrot Raisin Salad</i> Fresh or Chilled Fruit <b>NASCAR "Race to Good Nutrition"</b>	24 <b>Mini Pepperoni &amp; Cheese Calzones</b> with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
27 <b>New Item!</b> <b>Chicken &amp; Cheese Quesadilla</b> <i>Home-Style Veggie Tortilla Soup</i> Fresh or Chilled Fruit <b>National Tortilla Day</b>	28 <b>Meatball Parm</b> Potato Wedges Tossed Salad Fresh or Chilled Fruit	 <p><b>Keep your heart happy by choosing healthy options!</b></p>		

Lunch Money On Account

ON LINE MEAL PAYMENTS! (Coming Soon) [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

 Maschio's  
Food Services, Inc.

"This institution is an equal opportunity pro-