

# South Hunterdon High School

January 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

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|---|---|--|--|--|
| 2<br><b>School Closed</b>   | 3<br>Firecracker Chicken Sandwich with Boom Boom Sauce<br>Cajun French Fries<br>Fresh or Chilled Fruit  | 4<br><b>National Spaghetti Day</b><br>Pasta Bar with choice of Meat Sauce, Alfredo Sauce, or Meatballs with Marinara Sauce<br>Garlic Breadstick<br>Green Beans<br>Fresh or Chilled Fruit | 5<br><b>Breakfast for Lunch</b><br>Deli-Style Breakfast Sandwich with Bacon, Egg, Cheese, and a Hash Brown on a Roll<br>Hash Brown Patty<br>Fresh or Chilled Fruit | 6<br>Mozzarella Sticks<br>Freshly Prepared Caesar Salad<br>Fresh or Chilled Fruit  |
| 9<br>Panatier's Pizza<br>Italian Salad<br>Fresh or Chilled Fruit      | 10 <b>New Item!</b><br>Hot Turkey & Cheese Melt on a Croissant Sub Roll<br>Smile Fries<br>Fresh or Chilled Fruit  | 11<br>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy<br>Dinner Roll<br>Fresh or Chilled Fruit   | 12<br>Cheesesteak on a Roll<br>Peppers & Onions<br>Seasoned Potato Wedges<br>Fresh or Chilled Fruit  | 13<br>Twisted Cheesy Breadsticks with Marinara Sauce<br>Freshly Prepared Spring Mix Salad<br>Fresh or Chilled Fruit                        |
| 16<br><b>School Closed</b>  | 17<br>Ham & Cheese Melt on a Pretzel Bun<br>Tomato Soup<br>Fresh or Chilled Fruit   | 18<br><b>SCOOP-A-BOWL</b><br>Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa<br>Tostitos SCOOPS!<br>Tortilla Chips<br>Steamed Corn<br>Fresh or Chilled Fruit | 19<br>Buffalo Chicken or Traditional Macaroni & Cheese<br>Warm Breadstick<br>Steamed Broccoli<br>Fresh or Chilled Fruit  | 20 <b>New Item!</b><br>Primavera Garlic French Bread Pizza with Marinara Dipping Sauce<br>Fresh Cucumber Dippers<br>Fresh or Chilled Fruit |
| 23<br>Chicken Parm Hero<br>Vegetable Medley<br>Fresh or Chilled Fruit | 24<br>Egg, Sausage, Cheese on a Roll<br>Hash Browns<br>Fresh or Chilled Fruit   | 25<br>Chicken Tenders with Warm Waffle & Syrup<br>Sweet Potato Fries<br>Fresh or Chilled Fruit   | 26<br>Mini Cheese Calzones with Marinara Sauce<br>Freshly Prepared Italian House Salad<br>Fresh or Chilled Fruit   | 27<br><b>School Closed</b>   |
| 30<br>Meatball Parm<br>Seasoned Green Beans<br>Italian House Salad    | 31<br><b>Winter Picnic</b><br>Rodeo Burger on a Bun with BBQ Sauce & Onion Rings<br>Seasoned Fries<br>Country Slaw<br>Strawberry Applesauce<br>Fresh or Chilled Fruit |  |  |  |

**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 provid-