

# South Hunterdon High School

January 2016  
Lunch Menu

Student Lunch \$3.05    Reduced Lunch \$0.40    Adult Lunch \$3.80

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

<b>MEDITERRANEAN BISTRO</b>	<b>NY Style or Personal Pan Pizza with a Variety of Toppings</b>
<b>Fast &amp; Fresh</b>	<b>Assorted Freshly Prepared Specialty Salad Meals</b>
<b>Great Grillers</b>	<b>Hamburger or Cheeseburger on a Bun Crispy Chicken Sandwich Spicy Buffalo Chicken Sandwich</b>
<b>Deli Central</b>	<b>Made-to-Order Sandwiches: Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings</b>
<b>Harvest Market</b>	<b>Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Featured Daily</b>

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



**Happy New Year!**

*It's a Celebration!*

**1**  
**New Year's Day**

<b>4</b> <b>Breakfast for Lunch</b> Bacon, Egg & Cheese on a Bun Puzzle Fries Fresh or Chilled Fruit	<b>5</b> <b>General Tso's Popcorn Chicken with Rice</b> Stir-Fry Vegetables Fresh or Chilled Fruit	<b>6</b> <b>Swedish Meatballs over Buttered Pasta</b> Savory Green Beans Fresh or Chilled Fruit	<b>7</b> <b>School Spirit!</b> <b>Rodeo Burger on a Bun with BBQ Sauce, Onion Rings</b> Sweet Corn Fresh or Chilled Fruit Freshly Made Pear Crisp <b>X Marks the Tray!</b>	<b>8</b> <b>Mini Pepperoni Calzones with Marinara Sauce</b> Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
<b>11</b> <b>Mashed Potato Bowl</b> with Popcorn Chicken, Mashed Potatoes, Shredded Cheddar Cheese, and Gravy Dinner Roll Golden Corn Fresh or Chilled Fruit	<b>12</b> <b>Tacos with Taco Meat, Shredded Lettuce, Tomatoes, Shredded Cheddar Cheese, and Salsa</b> Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	<b>13</b> <b>Buffalo Chicken Macaroni and Cheese or Creamy Macaroni &amp; Cheese</b> Dinner Roll Emerald Green Broccoli Fresh or Chilled Fruit	<b>14</b> <b>Loaded Texas Potato Wedges with Chili</b> Shredded Cheddar Cheese Fresh or Chilled Fruit	<b>15</b> <b>Cheesesteak Hero with Fiery Peppers and Onions</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
<b>18</b> <b>SCHOOLS CLOSED</b> <b>MARTIN LUTHER KING JR. DAY</b>	<b>19</b> <b>New Item!</b> <b>Queso Chicken Nacho Platter with Shredded Lettuce, Tomatoes, &amp; Salsa</b> Freshly Made Caesar Salad Fresh or Chilled Fruit	<b>20</b> <b>Firecracker Chicken Sandwich with Boom Boom Sauce</b> Oven Crispy French Fries Fresh or Chilled Fruit	<b>21</b> <b>New Items!</b> <b>Bacon Cheddar Burger on a Bun</b> Country Slaw Fresh or Chilled Fruit <b>Jcy Special Treat</b> <i>It's a Celebration!</i> <b>Winter PICNIC</b> 	<b>22</b> <b>New Item!</b> <b>Mozzarella Sticks with Marinara Sauce</b> Dinner Roll Freshly Made Minestrone Soup Fresh or Chilled Fruit
<b>25</b> <b>Crispy Chicken Tenders</b> Savory Stuffing Vegetable Medley Fresh or Chilled Fruit	<b>26</b> <b>Ham &amp; Cheese on a Pretzel Bun</b> Seasoned Spiral French Fries Fresh or Chilled Fruit	<b>27</b> <b>Chicken Parm with Pasta</b> Broccoli Italiano RIPS 100% Juice Slushie Fresh or Chilled Fruit	<b>28</b> <b>Pizza Burger on a Bun</b> Potato Wedges Freshly Prepared garden Salad Fresh or Chilled Fruit	<b>29</b> <b>SCHOOLS CLOSED</b> <b>STAFF IN SERVICE</b>

MENU SUBJECT TO CHANGE

Lunch Tickets are available in the cafeteria:

**Please Make Checks Payable To:**

**South Hunterdon Regional School District**



"This institution is an equal opportunity provider"