

South Hunterdon High School

September 2016
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

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

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

We Hope You Enjoyed Your Summer Vacation!

<p>5 Labor Day Schools Closed</p> <p></p>	<p>6 Welcome Back Firecracker Chicken Sandwich with Boom Boom Sauce Garlic Herbed French Fries Fresh Watermelon X Marks the Tray</p>	<p>7 Meatball Parm Hero Tex-Mex Green Beans Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch Deli-Style Breakfast Sandwich with Bacon, Egg, Cheese, and a Hash Brown on a Roll Hash Brown Patty Fresh or Chilled Fruit</p>	<p>9 BBQ Beef Patty Riblet Sandwich Sweet Roasted Peas and Carrots Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>12 Whole Grains Day Mashed Potato Bowl with Chicken Corn, and Cheese Dinner Roll Fresh or Chilled Fruit X Marks the Tray</p>	<p>13 Cheesesteak Hero with Peppers and Onions Oven Baked Potato Wedges Fresh or Chilled Fruit</p>	<p>14 Chicken Parm Hero on Garlic Bread Honey Glazed Carrots Fresh or Chilled Fruit</p>	<p>15 Nacho Platter with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomatoes and Salsa Steamed Rice Golden Corn Fresh or Chilled Fruit</p>	<p>16 Chicken Gyro Pita with Cucumber Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>19 General Tso's Popcorn Chicken with Rice Oven Roasted Sweet Potatoes Fresh or Chilled Fruit</p>	<p>20 Grilled Cheese Sandwich with Bacon Sautéed Spinach with Mushrooms Country Slaw Fresh or Chilled Fruit</p>	<p>21 Crispy Chicken Swiss Croissant Sandwich with Bacon & Ranch Dressing Potato Wedges Fresh or Chilled Fruit</p>	<p> 22 SCOOP-A-BOWL Beef, Shredded Cheddar Cheese over Rice with Lettuce Tomatoes, and Salsa Tostitos SCOOPS![®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>23 X Marks the Tray Mini Cheese Calzones with Marinara Sauce Italian House Salad Fresh or Chilled Fruit National Food Safety Education Month</p>
<p>26 Chicken Tender Basket Warm Pretzel Stick Crispy Potato Smiles Jersey Fresh Apples</p>	<p>27 New Item! Southwest Breakfast Bowl Bacon Country Gravy Popcorn Chicken Cheddar Cheese and a Biscuit Maple Cinnamon Sweet Potato Tots Jersey Fresh Fruit</p>	<p>28 Home-Style Mac and Cheese Warm Breadstick Jersey Fresh Cucumber & Tomato Salad Fresh or Chilled Fruit</p>	<p>29 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce Roasted Jersey Fresh Vegetables Jersey Fresh Fruit</p>	<p>30 Grilled Chicken BLT Sandwich Honey Roasted Carrots Jersey Fresh Pepper Dippers Fresh or Chilled Fruit</p>

Jersey Fresh Farm to School Week

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



"This institution is an equal opportunity provid-