

South Hunterdon High School

November 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
<p>"Super Food" Pomegranate Month Sample It on the 28th!</p>	<p>1 New Item! California Cheeseburger on a Bun Oven Crisp Tater Tots Fresh or Chilled Fruit</p>	<p>2 Meatball Parmesan Sandwich Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>3 New Item! Sandwich Day Crispy Chicken BLT on a Croissant Sweet Potato Fries Fresh or Chilled Fruit X Marks the Tray!</p>	<p>4 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>7 Panatieri's Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>8 Pulled Pork on a Kaiser Roll Freshly Made Country Cole Slaw Fresh or Chilled Fruit</p>	<p>9 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheese, Mashed Potatoes, Corn and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>10 Staff In-service NJEA Convention School Closed</p>	<p>11 Veteran's Day  NJEA Convention School Closed</p>
<p>14 Firecracker Chicken Sandwich with Boom Boom Sauce Freshly Prepared Cucumber Tomato Salad Fresh or Chilled Fruit</p>	<p>15 Ham and Cheese Melt on a Croissant Tomato Soup Oven Baked Fries Fresh or Chilled Fruit</p>	<p>16 Rodeo Burger on a Bun with Onion Rings & BBQ Sauce Fresh Veggie Dippers Oven Crispy Fries Fresh or Chilled Fruit</p>	<p>17 Thanksgiving Dinner Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Buttery Green Beans Fresh or Chilled Fruit Pear Crisp</p>	<p>18 Chicken Bruschetta Pasta Garlic Breadstick Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>21 Panatieri's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>22 New Item! Breakfast for Lunch Sausage, Egg & Cheese on a Croissant Roasted Sweet Potato Bites Fresh or Chilled Fruit</p>	<p>23 Early Dismissal No Lunch Served</p>	<p>24 25 Happy Thanksgiving </p>	
<p>28 X Marks the Tray! Pomegranate Juice Sample it! Sweet & Sour Chicken with Rice Steamed Vegetables Fresh or Chilled Fruit</p>	<p>29  SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Sweet Golden Corn Fresh or Chilled Fruit</p>	<p>30 Buffalo Chicken or Traditional Macaroni and Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit</p>	<p>Try to fill at least half your plate with fruits and vegetables!</p> 	

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 provid-