

South Hunterdon High School

October 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>3 Panatieri's Cheese Pizza Honey Roasted Carrots Freshly Made Garden Salad Fresh or Chilled Fruit</p>	<p>4 Chicken Parm Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>5 Grilled Chicken Balsamic Hero with Mozzarella Cheese and Roasted Red Peppers Drizzled with a Balsamic Glaze Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>6 New Item! #ThrowbackThursday Blueburger Meatloaf Dinner Roll Mashed Potatoes Peas and Carrots Gelatin Fruit Cup Fresh or Chilled Fruit</p>	<p>7 Mozzarella Sticks with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>10 Chicken "Team" Tenders Basket with Tater Tot "Dunkers" Warm Breadstick Fresh or Chilled Fruit X Marks the Tray!</p>	<p>11 Nacho "Party" Platter with Taco Meat Shredded Cheese Lettuce, Tomatoes and Salsa Golden Corn Fresh or Chilled Fruit</p>	<p>12 Yom Kippur School Closed</p>	<p>13 Super Cheesesteak Hero with Peppers and Onions Oven Crispy Spiral Fries Fresh or Chilled Fruit</p>	<p>14 New Item! Twisted Cheesy Breadsticks with Marinara Sauce Sweet Potato Fries Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>SHOW YOUR SPIRIT FOR NATIONAL SCHOOL LUNCH WEEK!</p>				
<p>17 Panatieri's Cheese Pizza Honey Roasted Carrots Freshly Made Garden Salad Fresh or Chilled Fruit</p>	<p>18 New Item! Rodeo Burger on a Bun with Onion Rings & BBQ Sauce Battered French Fries Fresh or Chilled Fruit</p>	<p>19 Firecracker Chicken Sandwich with Boom Boom Sauce Medley of Peas and Carrots Fresh or Chilled Fruit</p>	<p>20 New Items! Vegetarian Day Rice Alfredo with Garden Veggies Herbed Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit X Marks the Tray!</p>	<p>21 New Item! Margherita Flatbread Pizza Freshly Prepared Caesar Salad Strawberry Applesauce Fresh or Chilled Fruit</p>
<p>24 Mashed Potato Bowl with Popcorn Chicken Shredded Cheddar Cheese, Sweet Corn and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>25 Breakfast for Lunch Ham, Egg, and Cheese on a Croissant Hash Browns Fresh or Chilled Fruit</p>	<p>26 Pumpkin Day Grilled Chicken Breast on a Pumpkin Swirl Roll Buttery Green Beans Farm Fresh Fruit Farm to School Day X Marks the Tray!</p>	<p>27 New Item! Potato Day California Cheeseburger on a Bun with Lettuce, Tomato Onion and Pickle Chips Loaded Fresh Baked Potato with Broccoli and Cheese Fresh or Chilled Fruit</p>	<p>28 Early Dismissal Staff In Service No Lunch Served</p>
<p>31 Chicken and Cheese Quesadilla, Salsa Sautéed Spinach with Garlic and Roasted Red Peppers Fresh or Chilled Fruit Happy Halloween!</p>	<p>CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 10TH-14TH</p> <p>SCHOOL LUNCH SHOW YOUR SPIRIT!</p> 			

MENU SUBJECT TO CHANGE

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



*This institution is an equal opportunity provid-