



Stockton School

South Hunterdon Regional School District

January 2017 Breakfast Menu

Healthy Meals Grow Healthy Kids!

Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
Assorted Cereals with Graham Crackers or Cheese Stick
 Assorted Fruit
 100% Juice Selection
 Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast \$1.85

Adult Breakfast \$2.55

Reduced Breakfast \$0.30



Nutrition News

Ring in the New Year with healthy achievable goals!

First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!



MASCHIO'S MAIN EVENT

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 2 School Closed | 3 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection | 4 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection | 5 Pumpkin Swirl Bun with a Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection | 6 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection |
| 9 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection | 10 PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection | 11 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection | 12 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection | 13 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection |
| 16 School Closed | 17 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection | 18 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection | 19 Pumpkin Swirl Bun with a Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection | 20 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection |
| 23 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection | 24 PB&J Uncrustable Assorted Fruit 100% Fruit Juice Milk Selection | 25 Yogurt Pak Assorted Fruit 100% Fruit Juice Milk Selection | 26 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection | 27 Cereal Bar with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection |
| 30 Cereal Bowl Pack with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection | 31 Muffin Bag Meal with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection | | | |

MENU SUBJECT TO CHANGE



Check us out on Facebook : Maschio's Food Services, Inc.

Please Visit: www.maschiofood.com



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