

Stockton School

South Hunterdon Regional

December 2017 Lunch Menu

NUTRITION NEWS:

With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch \$2.85
 Reduced Lunch \$0.40
 Adult Lunch \$3.90

Maschio's Swap Outs

Monday: Turkey & Cheese or Ham & Cheese Sandwich

Tuesday: Chicken Caesar Salad Wrap or Salad

Wednesday: Turkey & Cheese or Ham & Cheese Sandwich

Thursday: Chicken Caesar Salad Wrap or Salad

Friday: Tuna Salad on a Croissant or Chicken Sandwich

Maschio's Swap Outs Available Daily

Yogurt Meal with Pita or Fruit & Cheese platter

Peanut Butter & Jelly Sandwich

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
 				
4 Breaded Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Nicola's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Nicola's Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples
18 Corn Dog Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	20 Nicola's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit	21 First Day of Winter  Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Half Day Holiday Meal Roasted Chicken Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel
25	26	27	28	29
				

Our well-balanced lunches available for the week, average between **600-650 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Questions or Concerns?
 Please Visit www.MaschioFood.com
 or Call Maschio's Food Services at: (609)397-0838

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"