



# Stockton School

South Hunterdon Regional School District

## October 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!



### Mac's Nutrition News

Show your spirit this month for National School Lunch Week!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

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 Sandwich

**Tuesday:** Chicken Caesar Salad Wrap

**Wednesday:** Turkey & Cheese Sandwich

**Thursday:** Chicken Caesar Salad Wrap

**Friday:** Tuna Salad on a Croissant

Maschio's Swap Outs Available Daily

**Peanut Butter & Jelly Sandwich**

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Chicken Parm Hero</b> X-Ray Vision Carrots Fresh or Chilled Fruit	<b>4</b> <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>5</b> <b>Personal Pan Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>6</b> <b>New Item!</b> <b>#ThrowbackThursday</b> <b>Cheeseburger Meatloaf</b> Dinner Roll Mashed Potatoes Peas & Carrots Gelatin Fruit Cup	<b>7</b> <b>Mini Ravioli</b> with Marinara Sauce Sautéed Spinach with Garlic and Roasted Red Peppers Fresh or Chilled Fruit
<b>10</b> <b>Super Cheesesteak Hero</b> Spiral Fries Fresh or Chilled Fruit	<b>11</b> <b>Nacho "Party" Platter</b> with Taco Meat, Shredded Cheese, Lettuce, Tomatoes, and Salsa Corn Fresh or Chilled Fruit	<b>12</b> <b>Yom Kippur</b>  <b>School Closed</b>	<b>13</b> <b>"Fire it Up"</b> <b>All Natural Beef Hot Dog on a Bun</b> Baked Beans Cucumber Slices Fresh or Chilled Fruit	<b>14</b> <b>New Item!</b> <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>17</b> <b>Chicken Nuggets</b> Soft Pretzel Stick X-Ray Vision Carrots Fresh or Chilled Fruit	<b>18</b> <b>New Item!</b> <b>Hamburger or Cheeseburger on a Bun</b> <b>Battered French Fries</b> Fresh or Chilled Fruit	<b>19</b> <b>Personal Pan Cheese Pizza</b> Tomato Soup Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	<b>20</b> <b>New Items!</b> <b>Vegetarian Day</b> <b>Pasta Alfredo with Garden Veggies</b> <b>Herbed Breadstick</b> Sweet Peas Fresh or Chilled Fruit	<b>21</b> <b>New Item!</b> <b>Personal Pan Pizza with Sweet Sliced Red Peppers</b> Freshly Prepared Garden Salad <b>Strawberry Applesauce</b>
<b>24</b> <b>Popcorn Chicken</b> Dinner Roll Farm Fresh Country Coleslaw Farm Fresh Fruit	<b>25</b> <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>26</b> <b>Personal Pan Cheese Pizza</b> Sautéed Spinach with Garlic and Roasted Red Peppers Fresh or Chilled Fruit	<b>27</b> <b>Pumpkin Day</b> <b>Grilled Chicken Breast on a Pumpkin Swirl Roll</b> Buttery Green Beans Fresh or Chilled Fruit	<b>28</b> <b>New Item!</b> <b>Mini Pizza Bagels</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>31</b> <b>MONSTER</b> <b>Mozzarella Sticks with Marinara Sauce</b> <b>BOO Breadstick</b> <b>CHOU-LISH Garden Salad</b> Fresh or Chilled Fruit  <b>Happy Halloween!</b>	<b>CELEBRATE NATIONAL SCHOOL LUNCH WEEK</b> <b>OCTOBER 10TH-14TH</b>  <b>SHOW YOUR SPIRIT!</b> 			

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!**

MENU SUBJECT TO CHANGE



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



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

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



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