

Hamburg School

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.60

Maschio's Swap Outs

Monday: French Bread Pizza

Tuesday: Hot Dog on a Bun

Wednesday: Egg Salad Sandwich or Pizza

Thursday: Chicken Nuggets

Friday: Assorted Cereal Meal

Maschio's Swap Outs Available Daily

Tossed Greens with Protein and Dinner Roll

Cheeseburger

Bagel & Yogurt Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Pattie Sandwich Carrots Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Onion Rings Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Stuffed Crust Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Berry French Toast Breakfast Sausages Sweet Potatoes Fresh or Chilled Fruit	11 National Milk Day Grilled Cheese Tomato Soup Fresh or Chilled Fruit	12 New Recipe! Recipe For Success Contest Winner Diana's Create Your Own Pizza Bagel Assorted Toppings Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Lucky Tray Day SCOOP-A-BOWL Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	18 Corn Dog Nuggets Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 BBQ Chicken BBQ Baked Beans Veggie Medley Fresh or Chilled Fruit	23 Taco Tuesday Chicken Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Pulled Pork Sandwich French Fries Fresh or Chilled Fruit	25 Ham, Egg and Cheese Croissant Sweet Potatoes Fresh or Chilled Fruit	26 Personal Pan Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit
29 Cheese Steak Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Grilled Turkey and Cheese Sandwich Veggie Medley Baked Apples	31 Hot Dog Tater Tots Fresh or Chilled Fruit		

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: 973-827-7570 x 216

Prepayment of Lunch available in the cafeteria:
10 for \$29.00/ 20 for \$58.00

Please Make Checks Payable To:
Hamburg Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"