

Mount Olive CMS Elementary School June 2017 Lunch Menu



Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). **Don't forget to select a cold low-fat milk with your 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 \$3.50
Reduced Lunch \$0.40
Adult Lunch \$4.50

Maschio's Swap Outs

Monday: French Bread

Tuesday: Cereal Bag

Wednesday: Chicken Caesar Salad

Thursday: Chicken Nuggets with Dinner Roll

Friday: Grilled Cheese Sandwich

Maschio's Swap Outs Available Daily

Hot Dog on a Bun

Yogurt Bag: Low Fat Yogurt, Cheese Stick and Graham Crackers



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



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 FUN and SUN 			1 Hamburger and Cheeseburger Vegetable Medley Fresh or Chilled Fruit	2 Assorted Pizza Selection Steamed Vegetables Fresh or Chilled Fruit
5 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	6 Chicken Fajita Vegetable Medley Fresh or Chilled Fruit	7 Pasta w/ Sauce Vegetable Medley Fresh or Chilled Fruit	8 Beef Hot Dog on a Bun Vegetable Medley Fresh or Chilled Fruit	9 New York Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Breakfast for Lunch Breakfast Sausage Fresh or Chilled Fruit	13 Meatball Sub Steamed Vegetables Fresh or Chilled Fruit	14 Pretzel Dog Vegetable Medley Fresh or Chilled Fruit	15 Cheese Steak Vegetable Medley Fresh or Chilled Fruit	16 Assorted Pizza Selection Steamed Vegetables Fresh or Chilled Fruit
19 Grilled Cheese Vegetable Medley Fresh or Chilled Fruit	20 Meat Ball Sub Vegetable Medley Fresh or Chilled Fruit	21 Assorted Pizza Selection Steamed Vegetables Fresh or Chilled Fruit	22 Half Day No Lunch Served	23 Last Day of School! Half Day No Lunch Served

enjoy your

Summer Vacation!



Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: 973-691-4006 x 5701

You can now make payments online at www.payforit.net
Please Make Checks Payable To:
Mount Olive Twp Board of Education



"This institution is an equal opportunity provider"