

Mount Olive Mountain View Elementary 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: Tuna Sandwich

Wednesday: Cereal Bag

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>FUN and SUN</p>			<p>1 Hamburger and Cheeseburger Vegetable Medley Fresh or Chilled Fruit</p>	<p>2 Assorted Pizza Selection Steamed Vegetables Fresh or Chilled Fruit</p>
<p>5 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>6 Pretzel Dog Vegetable Medley Fresh or Chilled Fruit</p>	<p>7 Pasta w/ Sauce Vegetable Medley Fresh or Chilled Fruit</p>	<p>8 Egg, Cheese and Sausage on a Bun Sweet Potatoes Fresh or Chilled Fruit</p>	<p>9 New York Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>12 BBQ Chicken Steamed Vegetables Fresh or Chilled Fruit</p>	<p>13 Sloppy Joe Steamed Vegetables Fresh or Chilled Fruit</p>	<p>14 Baked Ziti Vegetable Medley Fresh or Chilled Fruit</p>	<p>15 Breakfast for Lunch Breakfast Sausage Fresh or Chilled Fruit</p>	<p>16 Assorted Pizza Selection Steamed Vegetables Fresh or Chilled Fruit</p>
<p>19 Chicken Patty Vegetable Medley Fresh or Chilled Fruit</p>	<p>20 Hot Dog Vegetable Medley Fresh or Chilled Fruit</p>	<p>21 Assorted Pizza Selection Steamed Vegetables Fresh or Chilled Fruit</p>	<p>22 Half Day No Lunch Served</p>	<p>23 Last Day of School! Half Day No Lunch Served</p>

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!

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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



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