

# Mount Olive Sandshore 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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
  <h1>FUN and SUN</h1>			<b>1</b> <b>Hamburger and Cheeseburger</b> Vegetable Medley Fresh or Chilled Fruit	<b>2</b> <b>Assorted Pizza Selection</b> Steamed Vegetables Fresh or Chilled Fruit
<b>5</b> <b>Chicken Nuggets</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	<b>6</b> <b>Macaroni and Cheese</b> Vegetable Medley Fresh or Chilled Fruit	<b>7</b> <b>Grilled Ham and Cheese</b> Vegetable Medley Fresh or Chilled Fruit	<b>8</b> <b>Breakfast for Lunch Pancakes</b> Bacon Fresh or Chilled Fruit	<b>9</b> <b>New York Style Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>12</b> <b>Chicken Fajita</b> Steamed Vegetables Fresh or Chilled Fruit	<b>13</b> <b>Beef Hot Dog on a Bun</b> Steamed Vegetables Fresh or Chilled Fruit	<b>14</b> <b>Grilled Chicken Sandwich</b> Vegetable Medley Fresh or Chilled Fruit	<b>15</b> <b>French Toast</b> Bacon Fresh or Chilled Fruit	<b>16</b> <b>Assorted Pizza Selection</b> Steamed Vegetables Fresh or Chilled Fruit
<b>19</b> <b>Chicken Patty</b> Vegetable Medley Fresh or Chilled Fruit	<b>20</b> <b>Macaroni and Cheese</b> Vegetable Medley Fresh or Chilled Fruit	<b>21</b> <b>Assorted Pizza Selection</b> Steamed Vegetables Fresh or Chilled Fruit	<b>22</b> <b>Half Day No Lunch Served</b>	<b>23</b> <b>Last Day of School!</b> <b>Half Day No Lunch Served</b>

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](http://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](http://www.payforit.net)  
**Please Make Checks Payable To:**  
Mount Olive Twp Board of Education



"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.](https://www.facebook.com/MaschioFoodServices)