

Mount Olive Elementary Schools

June 2018 Lunch Menu

NUTRITION NEWS: Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

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 Pizza

Tuesday: Cereal Meal

Wednesday: Tuna Fish Sandwich

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

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
enjoy your Summer Vacation!				1
			2	3
4	5	6	7	8
Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	Hamburger or Cheeseburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	Bacon, Egg and Cheese Sandwich Roasted Potatoes Fresh or Chilled Fruit	Grilled Cheese Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	Mini Cheese Calzones Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11	12	13	14	15
Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	Turkey and Cheese Sandwich Vegetable Medley Fresh or Chilled Fruit	Hot Dog on a Bun Vegetable Medley Fresh or Chilled Fruit	Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
18	19	20	21	22
Corn Dog or Pretzel Dog Vegetable Medley Fresh or Chilled Fruit	Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	Ham & Cheese Melt on a Croissant Emoji Fries Fresh or Chilled Fruit	Chicken and Cheese Quesadilla Steamed Rice Fresh or Chilled Fruit	No Lunch Service
25	26	27	28	29
No Lunch Service			FUN and SUN 	

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: 973-927-2208 extension 7800

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

