

Tinc Road Elementary School

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>enjoy your Summer Vacation!</p>				1 Pizza Vegetable Medley Fresh or Chilled Fruit
4 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	5 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	6 Turkey w/ Gravy Vegetable Medley Fresh or Chilled Fruit	7 Breakfast for Lunch Potato Wedges Fresh or Chilled Fruit	8 Pizza Vegetable Medley Fresh or Chilled Fruit
11 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	12 Egg and Bacon Croissant Sweet Potatoes Fresh or Chilled Fruit	13 Corn Dog Vegetable Medley Fresh or Chilled Fruit	14 Breakfast for Lunch Potato Wedges Fresh or Chilled Fruit	15 Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
18 BBQ Chicken Sandwich Vegetable Medley Fresh or Chilled Fruit	19 Corn Dog Vegetable Medley Fresh or Chilled Fruit	20 Cheeseburger Vegetable Medley Fresh or Chilled Fruit	21 Grilled Cheese Vegetable Medley Fresh or Chilled Fruit	22 No Lunch Service
25 No Lunch Service	26	27	28 	29

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



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