

CMS 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

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>enjoy your Summer Vacation!</p>				<p>1 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>4 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 Philly Cheese Steak Sub Sweet Potato Fresh or Chilled Fruit</p>	<p>6 Lasagna Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p>7 Grilled Cheese Sandwich Smiley Fries Steamed Vegetables Fresh or Chilled Fruit</p>	<p>8 Mini Cheese Calzones Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>11 Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>12 Pasta w/ Meat Sauce Vegetable Medley Fresh or Chilled Fruit</p>	<p>13 Chicken Fajita Steamed Rice Vegetable Medley Fresh or Chilled Fruit</p>	<p>14 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>15 Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>18 Chicken Pattie Vegetable Medley Fresh or Chilled Fruit</p>	<p>19 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>20 Ham & Cheese Melt on a Croissant Emoji Fries Fresh or Chilled Fruit</p>	<p>21 Pizza Vegetable Medley Fresh or Chilled Fruit</p>	<p>22 No Lunch Service</p>
<p>25 No Lunch Service</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <div style="text-align: center;">  <p>FUN and SUN</p> </div>

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

