

# 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

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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 style="font-size: 2em; color: #e91e63;">enjoy your</p> <h1 style="color: #e91e63;">Summer Vacation!</h1> 				<p><b>1</b> Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p><b>4</b> Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p><b>5</b> Philly Cheese Steak Sub Sweet Potato Fresh or Chilled Fruit</p>	<p><b>6</b> Lasagna Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>7</b> Grilled Cheese Sandwich Smiley Fries Steamed Vegetables Fresh or Chilled Fruit</p>	<p><b>8</b> Mini Cheese Calzones Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p><b>11</b> Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p><b>12</b> Pasta w/ Meat Sauce Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>13</b> Chicken Fajita Steamed Rice Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>14</b> Creamy Mac &amp; Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p><b>15</b> Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p><b>18</b> Chicken Pattie Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>19</b> Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p><b>20</b> Ham &amp; Cheese Melt on a Croissant Emoji Fries Fresh or Chilled Fruit</p>	<p><b>21</b> Pizza Vegetable Medley Fresh or Chilled Fruit</p>	<p><b>22</b> No Lunch Service</p>
<p><b>25</b> No Lunch Service</p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>
 <p style="font-size: 2em; color: #e91e63;">FUN and SUN</p>				

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

MENU SUBJECT TO CHANGE

