

# 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

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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 Summer Vacation!</p> 				<p>1 <b>Bella's Pizza</b> New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>4 <b>Chicken Nuggets</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>6 <b>Bacon, Egg and Cheese Sandwich</b> Roasted Potatoes Fresh or Chilled Fruit</p>	<p>7 <b>Grilled Cheese Sandwich</b> Potato Wedges Steamed Vegetables Fresh or Chilled Fruit</p>	<p>8 <b>Mini Cheese Calzones</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>11 <b>Chicken Dippers</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>12 <b>Philly Cheesesteak Hero</b> Oven Baked Fries Fresh or Chilled Fruit</p>	<p>13 <b>Turkey and Cheese Sandwich</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p>14 <b>Hot Dog on a Bun</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p>15 <b>Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>18 <b>Corn Dog or Pretzel Dog</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p>19 <b>Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit</p>	<p>20 <b>Ham &amp; Cheese Melt on a Croissant</b> Emoji Fries Fresh or Chilled Fruit</p>	<p>21 <b>Chicken and Cheese Quesadilla</b> Steamed Rice Fresh or Chilled Fruit</p>	<p>22 <b>No Lunch Service</b></p>
<p>25 <b>No Lunch Service</b></p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</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

