

# 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 <b>Summer Vacation!</b></p>				1 <b>Pizza</b> Vegetable Medley Fresh or Chilled Fruit
4 <b>Chicken Nuggets</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	5 <b>Hamburger or Cheeseburger on a Bun</b> Vegetable Medley Fresh or Chilled Fruit	6 <b>Turkey w/ Gravy</b> Vegetable Medley Fresh or Chilled Fruit	7 <b>Breakfast for Lunch</b> Potato Wedges Fresh or Chilled Fruit	8 <b>Pizza</b> Vegetable Medley Fresh or Chilled Fruit
11 <b>Chicken Nuggets</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	12 <b>Egg and Bacon Croissant</b> Sweet Potatoes Fresh or Chilled Fruit	13 <b>Corn Dog</b> Vegetable Medley Fresh or Chilled Fruit	14 <b>Breakfast for Lunch</b> Potato Wedges Fresh or Chilled Fruit	15 <b>Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
18 <b>BBQ Chicken Sandwich</b> Vegetable Medley Fresh or Chilled Fruit	19 <b>Corn Dog</b> Vegetable Medley Fresh or Chilled Fruit	20 <b>Cheeseburger</b> Vegetable Medley Fresh or Chilled Fruit	21 <b>Grilled Cheese</b> Vegetable Medley Fresh or Chilled Fruit	22 <b>No Lunch Service</b>
25 <b>No Lunch Service</b>	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](http://www.MaschioFood.com) Or Call Maschio's Food Services at: 973-927-2208 extension 7800

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Mount Olive Twp Board of Education

MENU SUBJECT TO CHANGE



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