

# Stockton School South Hunterdon Regional 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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.90

Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Chicken Caesar Salad

**Wednesday:** Turkey & Cheese Sandwich

**Thursday:** Chicken Caesar Salad

**Friday:** Tuna Salad on Wheat Bread

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Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
enjoy your			Summer Vacation!	
			🕶️	
<p>4 <b>Baked Chicken</b> Mashed Potatoes Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 <b>Hamburger or Cheeseburger on a Bun</b> Tater Tots Fresh or Chilled Fruit</p>	<p>6 <b>Nicola's Pizza</b> Garden Salad Fresh or Chilled Fruit</p>	<p>7 <b>Lasagna Roll Up</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>1 <b>Bella's Pizza</b> New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>11 <b>Teriyaki Chicken</b> Steamed Rice Veggie Dippers Fresh or Chilled Fruit</p>	<p>12 <b>Mac &amp; Cheese</b> Bread Stick Steamed Vegetables Fresh or Chilled Fruit</p>	<p>13 <b>Nicola's Pizza</b> Garden Salad Fresh or Chilled Fruit</p>	<p>14 <b>Pasta with Meat Sauce</b> Dinner Roll Garden Salad Fresh or Chilled Fruit</p>	<p>8 <b>Personal Pan Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>18 <b>Breakfast for Lunch</b> Tater Tots Breakfast Sausages Fresh or Chilled Fruit</p>	<p>19 <b>Breaded Chicken</b> Mashed Potatoes Dinner Roll Fresh or Chilled Fruit <b>LAST DAY OF SCHOOL</b></p>	<p>20</p>	<p>21</p>	<p>15 <b>Pizza Picnic</b></p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>22</p>
			👠 <b>FUN and SUN</b> ☀️	

Our well-balanced lunches available for the week, average between **600-650 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: (609)397-1672

MENU SUBJECT TO CHANGE

Maschio's  
Food Services, Inc.

"This institution is an equal opportunity provider"