

Stockton School

South Hunterdon Regional School District
June 2017 Lunch Menu



Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). *Don't forget to select a cold low-fat milk with your lunch!*

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 or Ham & Cheese sand

Tuesday: Chicken Caesar Salad Wrap Or salad

Wednesday: Turkey & Cheese or Ham & Cheese sand

Thursday: Chicken Caesar Salad Wrap or salad

Friday: Tuna Salad on a Croissant or chicken sandwich

Maschio's Swap Outs Available Daily

Yogurt Meal with Pita or Fruit & Cheese platter

Peanut Butter & Jelly Sandwich



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>FUN and SUN</h1> 			1 Hamburger or Cheeseburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	2 BBQ Roasted Chicken Dinner Roll Sweet Corn Fresh or Chilled Fruit
5 Breaded Chicken Tater Tots Steamed Vegetables Fresh or Chilled Fruit	6 Chicken Fajita Wrap Caesar Salad Fresh or Chilled Fruit	7 Pan Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	8 Grilled Cheese & Ham Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	9 Crazy Pasta Garlic Bread Steamed Spinach Fresh or Chilled Fruit
12 Hot Turkey and Cheese on a Croissant Smile Fries Fresh or Chilled Fruit	13 Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Corn Fresh or Chilled Fruit	14 Pan Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	15 Last Day of School! Half Day Chefs Choice Fresh or Chilled Fruit	16
19	20	21	22	23

enjoy your **Summer Vacation!**



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!**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



Check us out on Facebook : Maschio's Food Services, Inc.

Questions or Concerns?
Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: (609)397-0838