

Lambertville Public School

South Hunterdon Regional School District
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

Maschio's Swap Outs Available Daily

Yogurt Meal with Pita
Fruit & Cheese Platter with Pita
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 Baked Chicken Mashed Potatoes Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>6 Nicola's Pizza Garden Salad Fresh or Chilled Fruit</p>	<p>7 Lasagna Roll Up Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>1 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>11 Teriyaki Chicken Steamed Rice Veggie Dippers Fresh or Chilled Fruit</p>	<p>12 Mac & Cheese Bread Stick Steamed Vegetables Fresh or Chilled Fruit</p>	<p>13 Nicola's Pizza Garden Salad Fresh or Chilled Fruit</p>	<p>14 Pasta with Meat Sauce Dinner Roll Garden Salad Fresh or Chilled Fruit</p>	<p>8 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>18 Breakfast for Lunch Tater Tots Breakfast Sausages Fresh or Chilled Fruit</p>	<p>19 Breaded Chicken Mashed Potatoes Dinner Roll Fresh or Chilled Fruit LAST DAY OF SCHOOL</p>	<p>20</p>	<p>21 FUN and SUN </p>	<p>15 Pizza Picnic</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>22</p> <p>29</p>

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
or Call Maschio's Food Services at: (609)397-1672

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"