



# Lambertville Public 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 Sand or Ham & Cheese Sand

Tuesday: Chicken Caesar Salad Wrap or Salad

Wednesday: Turkey & Cheese Sand or Ham & Cheese

Thursday: Chicken Caesar Salad Wrap or Salad

Friday: Tuna Salad on a Croissant or Chicken Sand.

Maschio's Swap Outs Available Daily

Yogurt Meal with Pita  
Fruit & Cheese Platter with Pita  
Peanut Butter & Jelly Sandwich





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



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

MASCHIO'S MAIN EVENT

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

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

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

Lunch Money On Account  
ON LINE MEAL PAYMENTS! (Coming Soon)  
[www.payforit.net](http://www.payforit.net) OR

Send In An Envelope With Student Name, Grade & School  
Attention 'Food Service'

Checks or Money Orders payable to:  
South Hunterdon Regional School District

 Maschio's  
Food Services, Inc.

"This institution is an equal opportunity