

West
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

June 1st Cheeseburger on a Bun

June 4th-8th: Turkey on Wheat

June 11th-15th: Ham & Cheese Hoagie

Maschio's Swap Outs Available Daily

Bagel Bag Meal

Cereal Bag Meal

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-size: 1.5em; color: #e91e63;">enjoy your</div> </div> <h1 style="color: #e91e63; margin: 0;">Summer Vacation!</h1>				
4 Breakfast for Lunch Sausage Hash Brown Fresh or Chilled Fruit	5 Hamburger or Cheeseburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	6 Chicken Nachos Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	7 Pasta with Meat Sauce Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	1 Panatieri's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Creamy Mac & Cheese Dinner Roll Veggie Dippers Fresh or Chilled Fruit	12 Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	13 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	14 Bacon, Egg, and Cheese on a Roll Tater Tots Fresh or Chilled Fruit	8 Panatieri's Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
18 Chicken Fries Tater Tots Fresh or Chilled Fruit	19 LAST DAY OF SCHOOL	20	21 	15 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
25	26	27	28	22 29

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)397-0819

Lunch Money On Account
 ON LINE MEAL PAYMENTS! www.payforit.net

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

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

MENU SUBJECT TO CHANGE

Maschio's
 Food Services, Inc.

"This institution is an equal opportunity provider"