

**West Amwell Township 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

May 30th-June 2nd: Chicken Caesar Salad  
 June 5th-9th: Cheeseburger on a Bun  
 June 12th-14th: Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Bagel Bag Meal  
 Cereal Bag Meal





**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
 <p><b>FUN and SUN</b></p> 			<p>1 <b>California Cheeseburger</b> Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>2 <b>New York Style Pizza</b> Bean Salad Fresh or Chilled Fruit</p>
<p>5 <b>Pasta w/ Meat Sauce</b> Green Beans Fresh or Chilled Fruit</p>	<p>6 <b>Hot Dog On a Bun</b> Baked Beans Fresh or Chilled Fruit</p>	<p>7 <b>Assorted Breakfast</b> Sausage Patties Potatoes Fresh or Chilled Fruit</p>	<p>8 <b>Ham &amp; Cheese On a Pretzel Bun</b> Vegetable of the Day Fresh or Chilled Fruit</p>	<p>9 <b>New York Style Pizza</b> Garden Salad Fresh or Chilled Fruit</p>
<p>12 <b>Nacho Platter Toppings</b> Fresh or Chilled Fruit</p>	<p>13 <b>Crispy Chicken Sandwich</b> Steamed Vegetable Fresh or Chilled Fruit</p>	<p>14 <b>Cheese Steak On a Roll</b> Smile Fries Fresh or Chilled Fruit</p>	<p>15 <b>Last Day of School! No Lunch Served</b></p>	<p>16</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>

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!

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at: (609)397-0819

**MENU SUBJECT TO CHANGE**

**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'



"This institution is an equal opportunity provider"

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