

Lopatcong Elementary School

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	\$3.50

Maschio's Swap Outs

Monday: Assorted Pizza
Tuesday: Popcorn Chicken with Dinner Roll
Wednesday: Pancakes w/ Breakfast Sausage
Thursday: Popcorn Chicken with Dinner Roll
Friday: Cheese Quesadilla with Salsa



Maschio's Swap Outs Available Daily

Muffin Bag with Muffin and Cheese Sticks
Cereal Bag with Cereal, Heartzle Pretzles, and Cheese Sticks

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italy Restaurant Pizza Italian House Salad Fresh or Chilled Fruit
4 Chicken Tenders Dinner Roll Emoji Fries Fresh or Chilled Fruit	5 Italy Restaurant Pizza Garden Salad Fresh or Chilled Fruit	6 1/2 Day No Lunch Served	7 1/2 Day No Lunch Served	8 1/2 Day No Lunch Served
11 1/2 Day No Lunch Served	12 LAST DAY OF SCHOOL	13	14	15
18	19	20	21 	22
25	26	27	28	29
<i>enjoy your</i> Summer Vacation!				

Our well-balanced lunches available for the week, average between 550-650 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: 908-859-0800

**Please Make Checks Payable To:
Lopatcong Board of Education**

MENU SUBJECT
TO CHANGE



"This institution is an equal opportunity provider"