

# Lopatcong Middle Middle 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

**Fast & Fresh**

- Bagel Bag**– Bagel with Cheese Sticks
- Cereal Bag**– Cereal, Heartzel Pretzels, and Cheese Sticks

**MEDITERRANEAN BISTRO**



**NY Style or Personal Pan Pizza with Assorted Toppings**


**Great Grillers**

- Assorted Hamburgers with or without Cheese
- Buffalo or Plain Chicken Patty on a Bun
- Hot Dog on a Bun
- Corn Dog



**Deli Central**

- Freshly Prepared Assorted Quality Deli Sandwiches
- Freshly Prepared Assorted Salad Meals with Whole Grain Rolls

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Italy Restaurant Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
4 <b>Chicken Tenders</b> Pretzel Sticks Baked Beans Fresh or Chilled Fruit	5 <b>Italy Restaurant Pizza</b> Garden Tossed Salad Fresh or Chilled Fruit	6 <b>Half Day</b> <b>No Lunch Served</b>	7 <b>Half Day</b> <b>No Lunch Served</b>	8 <b>Half Day</b> <b>No Lunch Served</b>
11 <b>Half Day</b> <b>No Lunch Served</b>	12 <b>LAST DAY OF SCHOOL</b>	13	14	15
18	19	20	21	22
				
25	26	27	28	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](http://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**



**Maschio's**  
Food Services, Inc.  
"This institution is an equal opportunity provider"