

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 Italy Restaurant Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
4 Chicken Tenders Pretzel Sticks Baked Beans Fresh or Chilled Fruit	5 Italy Restaurant Pizza Garden Tossed Salad Fresh or Chilled Fruit	6 Half Day No Lunch Served	7 Half Day No Lunch Served	8 Half Day No Lunch Served
11 Half Day No Lunch Served	12 LAST DAY OF SCHOOL	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
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"