

Mountain Villa 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	\$3.70

Maschio's Swap Outs Available Daily

- Chicken Patty on a Bun**
- Bagel Bag Meal**– Bagel and Cheese Sticks
- Muffin Bag Meal**– Muffin and Cheese Sticks
- Cereal Bag Meal**– Cereal, WG pretzels, and Cheese Sticks
- Yogurt Bagel Meal** – Yogurt, WG pretzels, and a Cheese Stick

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>enjoy your  Summer Vacation!</p>				
4 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	5 Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	6 Pancakes Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	1 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit RED: Red Peppers	12 Pasta Alfredo Garden Peas Fresh or Chilled Fruit ORANGE: Oranges	13 Lasagna Roll Ups Broccoli Dippers Fresh or Chilled Fruit YELLOW: Bananas	14 Creamy Mac & Cheese Soft Pretzel Stick Fresh or Chilled Fruit GREEN: Green Beans	8 Mini Cheese Calzones Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<p>Eat the Colors of the Rainbow Week</p>				
18 Half Day Hot Dog on Bun Baked Fries Fresh or Chilled Fruit	19 Half Day Breakfast Bonanza Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	20 Half Day Hamburger on a Bun Emoji Fries Fresh or Chilled Fruit	21 Half Day Chef's Choice Pizza Vegetable of the Day Fresh or Chilled Fruit LAST DAY OF SCHOOL	15 Stuffed Crust Pizza Fresh Veggie Dippers Fresh or Chilled Fruit PURPLE: Grapes
25	26	27	28 	22

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: 908-852-1894

Prepaid Meals are available in the cafeteria:
10 for \$28.50/ 20 for \$57.00

Please Make Checks Payable To:
Allamuchy Twp. School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"