

Park Lake 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, Fruit of the Day and Milk or Water

Student Lunch \$2.40
 Reduced Lunch \$0.40
 Adult Lunch \$2.90

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich
OR
 Cereal Bag— Cereal, Graham Crackers, and American Cheese Slices

Served with Vegetable of the Day, Fruit, and Beverage Choice

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza or Pizza Stick Vegetable Medley Fresh or Chilled Fruit
<i>enjoy your</i> Summer Vacation!				
4 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	5 Hot Dog Vegetable Medley Fresh or Chilled Fruit	6 Cheeseburger and Hamburger Vegetable Medley Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	8 Pizza or Pizza Stick Vegetable Medley Fresh or Chilled Fruit
11 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	12 Taco Scoops Rice Corn Fresh or Chilled Fruit	13 Baked Ziti Vegetable Medley Fresh Fruit	14 Mini Waffles Sweet Potatoes Fresh or Chilled Fruit	15 Pizza or Pizza Stick Fresh Veggie Dippers Fresh or Chilled Fruit
18 Spaghetti and Meatballs Dinner Roll Fresh or Chilled fruit	19 Hot Dog Vegetable Medley Fresh or Chilled Fruit	20 Grilled Cheese Vegetable Medley Fresh or Chilled Fruit	21 Open Face Turkey Sandwich Mashed Potatoes w/ Gravy Fresh Fruit	22 Pizza or Pizza Stick Fresh Veggie Dippers Fresh or Chilled Fruit
25 Meatball Sub Vegetable Medley Fresh or Chilled Fruit	26 Hot Dog Vegetable Medley Fresh or Chilled Fruit	27	28 	29

Our well-balanced lunches available for the week meet the age-appropriate calorie requirements, 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: (973) 983-1099

Please Make Checks Payable To: ESC of Morris County

Connect with us!   

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"