

Regional Day 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 Juice.

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

Maschio's Swap Outs Available Daily

Egg Salad Sandwich with Soup
or
Tuna Salad Sandwich with Soup

Served with Vegetable of the Day,
Fruit and Beverage Choice



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>enjoy your </p> <h1>Summer Vacation!</h1>				1 Pizza Vegetable Medley Fresh or Chilled Fruit
4 Crispy Chicken Sandwich Baked Beans Fresh or Chilled Fruit	5 Beef Macaroni and Cheese Mixed Vegetables Fresh or Chilled Fruit	6 Chicken Quesadilla Refried Beans Fresh or Chilled Fruit	7 Sloppy Joe Sandwich French Fries Steamed Vegetables Fresh or Chilled Fruit	8 Pizza Vegetable Medley Fresh or Chilled Fruit
11 Bacon Cheeseburger French Fries Sweet Corn Fresh or Chilled Fruit	12 Raviolis and Meatballs Dinner Roll Fresh or Chilled Fruit	13 Grilled Chicken Platter Mashed Potatoes Corn Fresh or Chilled Fruit	14 Meatball Parm Sandwich Green Beans Fresh or Chilled Fruit	15 Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
18 Fish Filet Platter Mashed Potatoes Carrots Fresh or Chilled Fruit	19 Cheese Steak Sandwich French Fries Fresh or Chilled Fruit	20 Sloppy Joe Sandwich French Fries Corn Fresh or Chilled Fruit	21 Chicken Parmesan served w/ Pasta Dinner Roll Fresh or Chilled Fruit	22 Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
25 Bacon Cheeseburger French Fries Sweet Corn Fresh or Chilled Fruit	26 Last Day of School Choice of Pancakes Chicken Tenders Sweet Potato Fries 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: 973-539-9630

Please Make Checks Payable To: ESC of Morris County

Connect with us!   

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"