

# Decker 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	\$2.75
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

## Maschio's Swap Outs

**Monday:** Cheeseburger on a Bun

**Tuesday:** Pizza

**Wednesday:** Chicken Tenders with a Dinner Roll

**Thursday:** Hot Dog on a Bun

**Friday:** Grilled Cheese Sandwich

## Maschio's Swap Outs Available Daily

Cereal Bag  
Bagel Bag  
PB & J Meal

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>enjoy your  Summer Vacation!</p>				<p>1 <b>Field Day Half Day No Lunch Served</b></p>
<p>4 <b>Chicken Nuggets</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>6 <b>Chicken &amp; Cheese Quesadilla w/ Salsa</b> Steamed Corn Fresh or Chilled Fruit</p>	<p>7 <b>Grilled Cheese Sandwich</b> Potato Wedges Steamed Vegetables Fresh or Chilled Fruit</p>	<p>8 <b>Vinny's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>11 <b>Chicken Dippers</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>12 <b>Pasta with Meat Sauce</b> Dinner Roll Green Beans Fresh or Chilled Fruit</p>	<p>13 <b>Breakfast for Lunch Variety of Breakfast Choices</b> Breakfast Sausage, Ham or Bacon Choice Potatoes Fresh or Chilled Fruit</p>	<p>14 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>15 <b>Vinny's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>18 <b>Chicken Patty on a Bun</b> Steamed Vegetables Fresh or Chilled Fruit</p>	<p>19 <b>Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit</p>	<p>20 <b>Ham &amp; Cheese Melt on a Bun</b> Baked Fries Fresh or Chilled Fruit</p>	<p>21 <b>Vinny's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>22 <b>Half Day No Lunch Served</b> <b>LAST DAY OF SCHOOL</b></p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28  <b>FUN and SUN</b></p>	<p>29</p>

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](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: (973)398-6400 x215

POINT OF SALE SYSTEM AT MT ARLINGTON SCHOOL:  
ALL STUDENT'S ARE GIVEN A PIN TO ACCESS THEIR ACCOUNT.  
Please visit PAYFORIT.NET to fund your child's online lunch account. You may also send in cash or check.

Please Make Checks Payable To:  
Mt. Arlington B.O.E.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"