

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