

# Mount Arlington

## 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 \$3.00  
 Reduced Lunch \$0.40  
 Adult Lunch \$3.50

### Maschio's Swap Outs

**Monday:** Grilled Cheese Sandwich  
**Tuesday:** Hot Dog on a Bun  
**Wednesday:** Cheeseburger on Bun  
**Thursday:** Ham and Cheese Sandwich  
**Friday:** Chicken Caesar Wrap

Maschio's Swap Outs Available Daily

PB&J Meal  
 Bagel Meal  
 Garden Salad with Chicken and a Dinner Roll  
 Yogurt Parfait Meal

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>enjoy your <b>Summer Vacation!</b></p>				<p>1 <b>Vinny's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit</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</b> Steamed Rice Southwestern 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>Field Day Half Day</b></p> <p>No Lunch Served</p>
<p>11 <b>Chicken Dippers</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>12 <b>Pasta with Meat Sauce</b> Bread Stick Green Beans Fresh or Chilled Fruit</p>	<p>13 <b>Breakfast for Lunch</b> Variety of Breakfast Choices Breakfast Sausage, Ham or Bacon Choice Potatoes</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 Caesar Salad Fresh or Chilled Fruit</p>
<p>18 <b>Chicken Patty on a Bun</b> Baked Fries 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>Chef's Special</b> Steamed Vegetables 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</b> No Lunch Served</p> <p><b>LAST DAY OF SCHOOL</b></p>
25	26	27	28	29
 <p><b>FUN and SUN</b></p>				

Our well-balanced lunches available for the week, average between 600-650 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) 398-4400 x317

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"