



# Hamburg School

## June 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). **Don't forget to select a cold low-fat milk with your lunch!**

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 \$2.80  
 Reduced Lunch \$0.40  
 Adult Lunch \$3.50

### Maschio's Swap Outs

**Monday:** Turkey & Cheese Sandwich

**Tuesday:** Ham & Cheese on a Roll **or**  
 Hot Dog on a Bun

**Wednesday:** Egg Salad Sandwich

**Thursday:** Italian Sub Sandwich or Wrap

**Friday:** Tuna & Lettuce Wrap




Maschio's Swap Outs Available Daily

Tossed Greens with Protein and Dinner Roll

Buffalo Chicken & Lettuce Wrap

Bagel & Yogurt Meal

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
  			<b>1</b> <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit	<b>2</b> <b>Mini Cheese Calzones with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
<b>5</b> <b>Roast Chicken</b> Dinner Roll Mashed Potatoes & Gravy Steamed Vegetables Fresh or Chilled Fruit	<b>6</b> <b>Mac &amp; Cheese</b> Green Beans Bread Stick Fresh or Chilled Fruit	<b>7</b> <b>Soft Shell Tacos</b> <b>Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit	<b>8</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Steamed Vegetables Fresh or Chilled Fruit	<b>9</b> <b>New York Style Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>12</b> <b>Chicken Mozzarella Melt on a Hero Roll</b> Smile Fries Fresh or Chilled Fruit	<b>13</b> <b>Assorted Breakfast Entrées</b> (Waffle, French Toast, Pancakes) Sweet Potatoes Strawberries	<b>14</b> <b>Italian Sub with Lettuce &amp; Tomato</b> BBQ Baked Beans Watermelon Strawberries	<b>15</b> Chicken Nacho Platter with Refried Beans <b>Cheese, Lettuce, Tomato, &amp; Salsa</b> Fresh or Chilled Fruit	<b>16</b> <b>Assorted Pizzas</b> Chef's Veggie Fresh or Chilled Fruit
<b>19</b> <b>Sloppy Joe on a Bun</b> Potato Rounds Watermelon	<b>20</b> <b>Hot Dog on a Bun</b> Chef's Veggie Fresh or Chilled Fruit	<b>21</b>	<b>22</b>	<b>23</b>

enjoy your

# Summer Vacation!



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: 973-827-7570 x 216

Prepayment of Lunch available in the cafeteria:  
 10 for \$28.00 / 20 for \$56.00

**Please Make Checks Payable To:**  
**Hamburg Board of Education**

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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



Check us out on Facebook : Maschio's Food Services, Inc.