

# Hamburg 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 Student Lunch \$2.90  
of the Day and/or a selection from Reduced Lunch \$0.40  
Mac's Veggie Patch, Fruit of the Day  
and Low Fat Milk Choice Adult Lunch \$3.60

### Maschio's Swap Outs

**Monday:** Ham and Cheese Sandwich  
**Tuesday:** Hot Dog on a Bun  
**Wednesday:** Egg Salad Sandwich  
**Thursday:** Chicken Nuggets  
**Friday:** Tuna on Rye Bread

Maschio's Swap Outs Available Daily

**Assorted Pizza**

**Assorted Cereal Meal**

**Bagel & Yogurt 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>Bella's Pizza</b> New York Style 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>Water Festival</b> Bagged lunch Assorted Sandwiches Carrot Bags Fresh Apple</p>	<p>7 <b>Grilled Cheese on a Pretzel Bun</b> Steamed Vegetables Fresh or Chilled Fruit</p>	<p>8 <b>Mini Cheese Calzones</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>Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit</p>	<p>13 <b>Chicken BLT Sandwich</b> Steamed Vegetables 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>Stuffed Crust Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>18 <b>Half Day Chicken Quesadilla</b> Black Bean Salad Fresh or Chilled Fruit</p>	<p>19 <b>Half Day Chicken &amp; Cheese Hero</b> Vegetable Medley Fresh or Chilled Fruit</p>	<p>20 <b>Half Day Hot Dog on a Bun</b> Baked Bean Fresh or Chilled Fruit</p>	<p>21 <b>Last Day Assorted Pizza</b> Tossed Salad Fresh or Chilled Fruit</p>	<p>19</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
 <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: 973-827-7570 x 216

Prepayment of Lunch available in the cafeteria:  
10 for \$29.00/ 20 for \$58.00

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"