

Thomas Edison Charter

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	\$3.00
	Reduced Lunch	\$0.40
	Adult Lunch	\$4.00

Maschio's Swap Outs

Monday: Crispy Chicken Salad
Tuesday: Cheeseburger on a Bun
Wednesday: Hummus Platter
Thursday: Chicken Caesar Salad Meal
Friday: All Natural Beef Hot Dog on a Bun

Maschio's Swap Outs Available Daily



Yogurt and Bagel Meal
 Veggie Burger on a Bun
 Yogurt Parfait with Granola



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

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday													
 <h2 style="font-size: 2em; margin: 0;">FUN and SUN</h2> 	<p>1 <small>SCOOP-A-BOWL</small> with Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa Tostitos SCOOPS![®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>2 Assorted Pizza Freshly Prepared Garden Salad Icey Sorbet</p>	<p>5 Chicken Nuggets Pretzel Stick Vegetable Medley Fresh or Chilled Fruit</p>	<p>6 Baked Ziti Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p>7 Hamburger or Cheeseburger on a Bun Baked Fries Fresh or Chilled Fruit</p>	<p>8 Grilled Cheese Sandwich Tomato Soup Tossed Salad Fresh or Chilled Fruit</p>	<p>9 Assorted Pizza Freshly Prepared Caesar Salad Icey Sorbet</p>	<p>12 Half Day Assorted Chicken Dippers Dinner Roll Vegetable of the Day Fresh or Chilled Fruit</p>	<p>13 Half Day Cheesesteak Sandwich with Peppers and Onions French Fries Fresh or Chilled Fruit</p>	<p>14 Half Day Macaroni and Cheese Warm Pretzel Stick Sautéed String Beans Fresh or Chilled Fruit</p>	<p>15 Half Day French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit</p>	<p>16 Half Day Assorted Pizza Veggie Dippers Fresh or Chilled Fruit</p>	<p>19 Half Day Chicken Special Dinner Roll Vegetable Medley Fresh or Chilled Fruit</p>	<p>20 Half Day Chef's Special Vegetable of the Day Fresh or Chilled Fruit</p>	<p>21 Half Day Assorted Pizza Veggie Dippers Fresh or Chilled Fruit Last Day of School!</p>	<p>22</p>	<p>23</p>

enjoy your **Summer Vacation!** 

Our well-balanced lunches available for the week, average between 550-650 calories.

Questions or Concerns? Please Visit www.MaschioFood.com

Cash and checks are accepted for advance meals. For online payments visit: Mealttime Online on your school website

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"