

# Stanhope 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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.35

### Maschio's Swap Outs

**Monday:** Chicken Caesar Salad

**Tuesday:** Pizza Crunchers w/Marinara Sauce

**Wednesday:** Cheeseburger on a Bun

**Thursday:** Hot Dog on a Bun

**Friday:** Chicken Caesar Wrap

Maschio's Swap Outs Available Daily

Chocolate Chip Muffin Meal

Cereal Meal

Bagel Bag Meal

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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>Pizza Day</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>Breakfast For Lunch</b> Breakfast Sausage Breakfast Potatoes Fresh or Chilled Fruit</p>	<p>7 <b>Grilled Cheese Sandwich</b> Potato Wedges Steamed Vegetables Fresh or Chilled Fruit</p>	<p>8 <b>Assorted Pizza Day</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>Philly Cheesesteak Hero</b> Oven Baked Fries Fresh or Chilled Fruit</p>	<p>13 <b>Egg, Ham and Cheese Breakfast Sandwich</b> Breakfast Potato 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>Pizza Day</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>18 <b>Breakfast For Lunch</b> Breakfast Sausage Breakfast Potatoes 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>Ham &amp; Cheese Melt on a Croissant</b> Emoji Fries Fresh or Chilled Fruit</p>	<p>21 <b>Chicken Fajitas</b> Peppers and Onions Steamed Corn Fresh or Chilled Fruit</p>	<p>22 <b>Assorted Pizza Day</b> Fresh House Salad Fresh or Chilled Fruit</p>
<p>25 <b>Hot Dog on Bun</b> Baked Fries BBQ Baked Beans <b>LAST DAY OF SCHOOL</b></p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <div style="text-align: center;">  <p><b>FUN and SUN</b></p> </div>

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: 973-347-0008

Lunch Tickets are available in the cafeteria:  
10 for \$28.50 / 20 for \$57.00

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"