



Alpha 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 \$2.75
 Reduced Lunch \$0.40
 Adult Lunch \$3.25



MASCHIO'S MAIN EVENT

Maschio's Swap Outs

Cheeseburger on a Bun
 Peanut Butter & Jelly Jamwich
 Garden Salad with Chicken & Roll
 Hot Dog on a Bun
 Bagel Bag


BREAKFAST

\$1.25
 \$.30

Monday	Tuesday	Wednesday	Thursday	Friday
 FUN and SUN 			1 Hamburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	2 Wedge Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
5 Chicken Extravaganza Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	6 Breakfast Bonanza Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	7 Chicken Patty on a Bun Vegetable of the Day Fresh or Chilled Fruit	8 Hot Dog, Corn Dog, Corn Dog Nuggets Vegetable of the Day Fresh or Chilled Fruit	9 Domino's Pizza Vegetable Choice Fresh or Chilled Fruit
12	13	14	15	16
19	20	21	22	23

enjoy your
Summer Vacation!





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

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

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
 Or Call Maschio's Food Services at: (908)454-5000

Lunch Tickets are available in the cafeteria:
 10 for \$27.50 / 20 for \$55.00

Please Make Checks Payable To: Alpha Public

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"