

Alpha 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



Cheeseburger on a Bun
Garden Salad with Chicken & Roll
Hot Dog on a Bun
Bagel Bag

BREAKFAST
\$1.25
\$.30

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

Monday	Tuesday	Wednesday	Thursday	Friday
	 FUN and SUN			1 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
4 Chicken Extravaganza Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	5 Hamburger Baked Fries Fresh or Chilled Fruit	6 Pretzel Dog OR Hot Dog on a Bun Emoji Fries Fresh or Chilled Fruit	7 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	8 Half Day No lunch or Breakfast Available
11	12	13	14 Half Day No Lunch Served LAST DAY OF SCHOOL	15
EARLY DISMISSAL NO BREAKFAST OR LUNCH AVAILABLE				
18	19	20	21	22
25	26	27	28	29
 <p><i>enjoy your</i> Summer Vacation!</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
Or Call Maschio's Food Services at: (908)454-5000

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

Please Make Checks Payable To: Alpha Public



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"