

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
\$0.30

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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
<div style="border: 2px dashed red; padding: 10px;"> EARLY DISMISSAL NO BREAKFAST OR LUNCH AVAILABLE </div>				
18	19	20	21	22
25	26	27	28	29

enjoy your **Summer Vacation!**

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"