

Forest Glen Early Childhood Center 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 \$3.35

MASCHIO'S MAIN EVENT

Monday: Muffin Bag
Tuesday: Cereal Bag
Wednesday: Muffin Bag
Thursday: Cereal Bag

Maschio's Swap Outs Available Daily

Bagel and Yogurt Bag

Extra Slice of Papa John's Pizza \$1.95



8 ounce water available daily for purchase \$0.50



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
 FUN and SUN 			1 Cheeseburger on a Bun Baked Beans Fresh or Chilled Fruit	2 Meatball Parm Hero Freshly Prepared Garden Salad Fresh or Chilled Fruit
5 Chicken Nuggets Dinner Roll Sweet Potato Tots Fresh or Chilled Fruit	6 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	7 Pretzel Dog Steamed Corn Fresh or Chilled Fruit	8 Grilled Cheese Sandwich Fresh Baby Carrots Fresh or Chilled Fruit	9 Crispy Chicken Sandwich Steamed Broccoli Fresh or Chilled Fruit
12 Chicken Tenders Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	13 Papa John's Pizza Freshly Prepared Tossed Salad Fresh or Chilled Fruit	14 Pizza Burger on a Bun Crinkle Sweet Potato Fries Fresh or Chilled Fruit	15 Sweet and Sour Chicken Rice Sautéed Spinach Fresh or Chilled Fruit	16 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit
19 All Beef Hot Dog on a Bun Smile Fries Fresh or Chilled Fruit	20 Half Day No Lunch Served	21 Half Day No Lunch Served	22 Half Day Last Day of School!	23

enjoy your
Summer Vacation!



Our well-balanced lunches available for the week, average between 550-650 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: 973-680-8608

Payments should be sent via cash or check with your child's name notes or at myschoolbucks.com:
10 for \$27.50 / 20 for \$55.00

Please Make Checks Payable To: Bloomfield BOE

MENU SUBJECT TO CHANGE


Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"