

Deerfield 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: Turkey & Cheese Wrap
Tuesday: Italian Sub Sandwich
Wednesday: Turkey & Cheese Wrap
Thursday: Italian Sub Sandwich
Friday: Turkey & Cheese Wrap

Maschio's Swap Outs Available Daily

Bagel Bag Meal
Yogurt Bag Meal
Cereal Bag Meal

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="color: #e91e63; font-size: 2em;">enjoy your</div> </div> <h1 style="color: #e91e63; font-size: 3em; margin: 0;">Summer Vacation!</h1>				
4 Chicken Nuggets With Pasta Dinner roll Fresh or Chilled Fruit	5 Pancakes With Syrup Breakfast Sausage Sweet Potato Fries Fresh or Chilled Fruit	6 Breaded Chicken Breast Sandwich On a Bun Emoji Fries Fresh or Chilled Fruit	7 All Natural Beef Hot Dog On a Bun Baked Vegetarian Beans Fresh or Chilled Fruit	1 Domino's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Assorted Chicken Medley Dinner Roll Rice Fresh or Chilled Fruit	12 Waffles With Syrup Breakfast Sausage Sweet Potato fries Fresh or Chilled Fruit	13 Pasta with Meatballs Dinner roll Steamed Vegetable Fresh or Chilled Fruit	14 Creamy Mac & Cheese Soft Pretzel Stick Steamed Vegetable Fresh or Chilled Fruit	8 Domino's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Half Day No Lunch Served	19 Half Day No Lunch Served	20 Half Day No Lunch Served LAST DAY OF SCHOOL	21 22	15 Domino's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
25	26	27	28 	29 FUN and SUN

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: (908) 232-8828

Please Make Checks Payable To: Mountainside School District

Pay Online at: www.myschoolbucks.com

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"