



# Beechwood 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
enjoy your Summer Vacation!			1	
				
<p>4 <b>Chicken Nuggets</b> With Pasta Dinner Roll Fresh or Chilled Fruit</p>	<p>5 <b>Pancakes</b> With Syrup Breakfast Sausage Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>6 <b>Breaded Chicken Breast Sandwich</b> On a Bun Emoji Fries Fresh or Chilled Fruit</p>	<p>7 <b>All Natural Beef Hot Dog</b> On a Bun Baked Vegetarian Beans Fresh or Chilled Fruit</p>	<p>8 <b>Assorted Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>11 <b>Baked Chicken Medley</b> Dinner Roll Mixed Vegetable Fresh or Chilled Fruit</p>	<p>12 <b>Waffles</b> With Syrup Breakfast Sausage Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>13 <b>Pasta With Meatballs</b> Dinner Roll Cucumber Coins Fresh or Chilled Fruit</p>	<p>14 <b>Creamy Mac &amp; Cheese</b> Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>15 <b>Domino's Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>18 <b>Half Day</b></p> <p><b>No Lunch Served</b></p>	<p>19 <b>Half Day</b></p> <p><b>No Lunch Served</b></p>	<p>20 <b>Half Day</b></p> <p><b>No Lunch Served</b></p> <p style="font-size: 1.5em; font-weight: bold; color: #e91e63;">LAST DAY OF SCHOOL</p>	<p>21</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
				

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](http://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](http://www.myschoolbucks.com)

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"