

# Bloomsbury

## 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 \$3.00

Reduced Lunch \$0.40

Adult Lunch \$3.50

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>FUN and SUN</h1> 			<b>1</b> <b>Crispy Chicken on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit	<b>2</b> <b>Casola's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
<b>5</b> <b>Breakfast Bonanza</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>6</b> <b>Turkey Club</b> Assorted Potatoes Steamed Vegetables Fresh or Chilled Fruit	<b>7</b> <b>Tacos, with Meat</b> Shredded Cheese, Tomatoes, Lettuce Black Beans Fresh or Chilled Fruit	<b>8</b> <b>Casola's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>9</b> 
<b>12</b> <b>Stuffed Crust Pizza</b> Garden Salad Fresh or Chilled Fruit	<b>13</b> <b>Half Day</b>	<b>14</b> <b>Last Day of School!</b>	<b>15</b> 	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>




Maschio's Swap Outs Available Daily

**Muffin Meal** with Mozzarella Cheese Sticks, Veggie Sticks, & Fruit

**Grilled or Crispy Chicken**  
**Garden Salad with Dinner Roll**

enjoy your **Summer Vacation!** 



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

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](http://www.MaschioFood.com) Or Call Maschio's Food Services at: (908) 479-4414

Lunch Tickets are available in the cafeteria:  
 5 for \$15.00 / 10 for \$30.00 / 20 for \$60.00  
**Please Make Checks Payable To:**  
**Bloomsbury Elementary School**

**MENU SUBJECT TO CHANGE**



 Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)

"This institution is an equal opportunity provider"