

# Teaneck Hawthorne Elementary 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	\$2.70
Reduced Lunch	\$0.40
Adult Lunch	\$4.00

### Maschio's Swap Outs

**Monday:** Ham & Cheese Sandwich

**Tuesday:** Fruit & Cheese Platter with Breadstick

**Wednesday:** Crispy Chicken Nuggets with Dinner Roll

**Thursday:** Cereal Bag: Cereal, String Cheese, Graham Cracker, Carrots & Fruit

**Friday:** Tuna Sandwich

Maschio's Swap Outs Available Daily

**Yogurt Bag:** Yogurt, Bagel with Cream Cheese, and Cheese Stick

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>CHEF DAY!</b> Choose Your Own Topping Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
4 <b>Grilled BBQ Chicken Sandwich on a Bun</b> Steamed Broccoli Fresh or Chilled Fruit	5 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit Warm Cinnamon Churro	6 <b>Hot Dog on a Bun</b> BBQ Baked Beans Seasoned Curly Fries Fresh or Chilled Fruit Sweet Watermelon	7 <b>Grilled Cheese Sandwich</b> Alphabet Vegetable Soup Sweet Potato Tots Fresh or Chilled Fruit	8 <b>Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 <b>Chicken Dippers</b> Soft Pretzel Stick Steamed Vegetables Fresh or Chilled Fruit	12 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	13 <b>Ham &amp; Cheese Melt on a Pretzel Roll</b> Emoji Fries Fresh or Chilled Fruit	14 <b>Creamy Mac &amp; Cheese</b> Dinner Roll Sweet Peas Fresh or Chilled Fruit	15 <b>Cheese Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit
18 <b>Crispy Chicken Sandwich on a Bun</b> Steamed Vegetables Fresh or Chilled Fruit	19 <b>Hamburger or Cheeseburger on a Bun</b> Lettuce & Tomato Sweet Potato Fries Fresh or Chilled Fruit	20 <b>Half Day</b>  <b>No Lunch Served</b>	21 <b>Half Day</b>  <b>No Lunch Served</b> <b>LAST DAY OF SCHOOL</b>	22
25	26	27	28	29
<b>enjoy your Summer Vacation!</b>				

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 201-833-5417

MENU SUBJECT  
TO CHANGE

Maschio's  
Food Services, Inc.  
"This institution is an equal opportunity provider"