



JUNE

June 2022

Lowell Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

Swap Out

- Bologna & Cheese Sandwich
- Popcorn Chicken
- Dinner Roll
- Sautéed Green Beans

7

Swap Out

- Bagel Bag with Yogurt and Cheese
- Mini Turkey Corn Dog
- Nuggets
- Orange Glazed Carrots

8

Swap Out

- SunButter and Jelly Sandwich
- Creamy Mac & Cheese
- Dinner Roll
- Broccoli Dippers

9

Swap Out

- Bagel Bag with Yogurt and Cheese
- Crispy Chicken Sandwich
- Spiral Fries

10

Swap Out

- Turkey Ham & Cheese Sandwich
- Cheese Pizza
- Freshly Prepared Spring Mix Salad



13

Swap Out

- Bologna & Cheese Sandwich
- Mozzarella Sticks
- Marinara Sauce
- Roasted Parmesan Broccoli



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***Menu is Subject to Change**

Nutrition Info K-8. 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. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.



QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 100% Fruit Juice, 1% White Milk, Fat Free Chocolate Milk

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