

Wharton Borough Public 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 \$3.70

Maschio's Swap Outs

Monday: Turkey & Cheddar Wrap
Tuesday: Grilled Chicken Caesar Salad with Dinner Roll
Wednesday: Ham & Cheese Sandwich
Thursday: Crispy Chicken Salad with or without Cheese
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Turkey Sandwich
 Yogurt Bag
 Bagel Bag
 Peanut Butter & Jelly Sandwich

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				1 Maria's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
4	5	6	7	8
Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	Hamburger or Cheeseburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	Hot Turkey Sandwich Steamed Vegetable Craisons Fresh or Chilled Fruit	Grilled Cheese Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	8 Maria's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11	12	13	14	15
Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	Hot Dog on Bun Vegetable Pasta Salad Vegetarian Beans Fresh or Chilled Fruit	Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	15 Maria's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
18	19	20	21	22
Mixed Up chicken Steamed Vegetable Carrot Stick Fresh or Chilled Fruit	Half Day Taco Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	Half Day Maria's Pizza Garden Salad Fresh or Chilled Fruit		
25	26	27	28	29
				

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
 Or Call Maschio's Food Services at: 973-361-2506 ext. 389

3 Ways to Pay:

Cash
 Check Payable To (Wharton Board of Education)
 Online (MySchoolBucks.Com)

MENU SUBJECT TO CHANGE



Food Services, Inc.

"This institution is an equal opportunity provider"