


Wharton Borough Public School

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 \$2.75
 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





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



Check us out on Facebook: Maschio's Food Services, Inc.

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 			1 Hamburger or Cheeseburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	2 Maria's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
5 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	6 Turkey Dinner Mashed Potatoes Steamed Veggies Gravy Fresh or Chilled Fruit	7 Pizza Burger With/without Sauce on a Bun Chef's Choice Veggie Fresh or Chilled Fruit	8 Grilled Cheese Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	9 Maria's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Assorted Chicken Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	13 Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Corn Fresh or Chilled Fruit	14 Chicken Cheese Steak Chef's Choice Veggie Fresh or Chilled Fruit	15 Roast Beef Sandwich on Roll with Gravy on Side Chef's Choice Veggie Fresh or Chilled Fruit	16 Half Day Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
19 Last Day of School! Half Day Quesadilla	20	21	22	23

enjoy your **Summer Vacation!**



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

Lunch Tickets are available in the cafeteria:
 10 for \$27.50 / 20 for \$55.00

Please Make Checks Payable To:
Wharton Board of Education

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"