



Knowlton Township 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!*

Student Lunch \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.25

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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>FUN and SUN</h1>			1 Grilled Cheese Sandwich Sweet Potato Fries Fresh or Chilled Fruit	2 Hope Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
5 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	6 Hamburger on a Bun Potato Wedges Fresh or Chilled Fruit	7 Meatball Sub Tossed Salad Fresh or Chilled Fruit	8 Chicken Cheesesteak on a Roll Veggie Dippers Fresh or Chilled Fruit	9 Hope Pizza Caesar Salad Fresh or Chilled Fruit
12 Popcorn Chicken Dinner Roll Carrots Fresh or Chilled Fruit	13 Pulled Pork on a Bun Baked Beans Fresh or Chilled Fruit	14 Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	15 Hot Dog on a Bun Steamed Corn Fresh or Chilled Fruit	16 Hope Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
19 Chicken Patty On a Bun Tater Tots Fresh or Chilled Fruit	20 Ham & Cheese Sub Potato Wedges Fresh or Chilled Fruit	21	22	23

Maschio's Swap Outs Available Daily

Bagel Bag with Cheese

Peanut & Jelly Jamwich Meal

Swap Outs Available Monday, Wednesday, and Friday

Popcorn Chicken w/ Dinner Roll

Swap Outs Available Tuesday and Thursday

Hot Dog on a Bun

enjoy your **Summer Vacation!**



MENU SUBJECT TO CHANGE



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 Or Call Maschio's Food Services at: 908-475-5118

Please Make Checks Payable To: Knowlton Board of Ed.



"This institution is an equal opportunity provider"



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