

Golden Door Charter 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	\$4.00

MASCHIO'S MAIN EVENT

Maschio's Swap Outs

- Monday:** Grilled Cheese or Tuna Sandwich
- Tuesday:** Hummus Platter
- Wednesday:** Tuna Sandwich
- Thursday:** Vegetarian Garden Burger on a Bun
- Friday:** Turkey & Cheese Sandwich

Maschio's Swap Outs Available Daily

- Bagel & Yogurt Bag Meal
- Grilled Chicken Caesar Salad with Roll
- Fruit & Cheese Platter– Mon. & Fri..



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

Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)

Monday	Tuesday	Wednesday	Thursday	Friday
FUN and SUN			1 Crispy chicken Sandwich Oven Baked Fries Fresh or Chilled Fruit	2 Hot Dog or Hamburger on a Bun Oven Baked Fries Fresh or Chilled Fruit Fun Fest Day
5 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Half Day Assorted Sandwiches Veggie Dippers Fresh or Chilled Fruit	8 Grilled Cheese Sandwich Oven Baked Fries Steamed Vegetables Fresh or Chilled Fruit National Dairy Month	9 New York Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 Chicken Dippers Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	13 Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Corn Rice Fresh or Chilled Fruit	14 BBQ Chicken Dinner Roll Beaked Beans Fresh or Chilled Fruit Customer Appreciation Day	15 Hot Turkey and Cheese Sandwich Oven Baked fires Fresh or Chilled Fruit	16 Mini Cheese Calzones with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit
19 Crispy chicken Sandwich Oven Baked Fries Fresh or Chilled Fruit	20 Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Corn Rice Fresh or Chilled Fruit	21 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	22 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	23 Assorted Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
26 Chicken Meatball Parm Hero Oven Baked Fries Fresh or Chilled Fruit	27 Half Day Assorted Sandwiches Freshly Prepared Garden Salad Fresh or Chilled Fruit	28 Half Day Assorted Sandwiches Freshly Prepared Garden Salad Fresh or Chilled Fruit Last Day of School!	29	30

enjoy your **Summer Vacation!**

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!**

MENU SUBJECT TO CHANGE



Questions or Concerns?
Please Visit www.MaschioFood.com
or Call Ellen at Maschio's Food Services at: 201-795-3308

"This institution is an equal opportunity provider"