



# St. Bartholomew 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!**

#### "SMART SNACKS"

- Potato/Sausage Extra \$1.00
- Fresh Fruit \$0.65
- Cold Beverage 8z \$0.60
- Ice Cream \$.75/\$1.00
- Soft Pretzel Sticks 3 for \$1.00
- Baked Chips \$0.75
- Fresh Baked Cookie \$0.35
- 3 for \$1.00
- Rice Krispy Treat \$0.35
- Cereal Snack Bar \$1.00

- Student Lunch \$3.75
- Adult Lunch \$3.75
- Entrée a la Carte \$3.00
- Extra Pizza w/ Meal Only \$2.00

**Your Meal comes with the Beverage Choice of:**

- Flavored/Unflavored
- Low Fat Milk, Iced Tea,
- Lemonade or Water

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>FUN and SUN</b> 			<b>1 Cheesy Pizza Day</b> Garden Salad Garlic Toast Fresh or Chilled Fruit	<b>2 Half Day</b>  <b>No Lunch Served</b>
<b>5 Field Day</b>  <b>Lunch Not Served by Maschio's</b>	<b>6 Chicken Bonanza</b> French Fries Veggie Dippers Fresh or Chilled Fruit	<b>7 Sloppy Joe on a Bun</b> Assorted Bag of Chips Fresh or Chilled Fruit	<b>8 Pasta with Meatballs</b> Dinner Roll Fresh or Chilled Fruit	<b>9 Pizzeria Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>12 Hot Dog on a Bun</b> Bag of Chips Fresh or Chilled Fruit	<b>13 Macaroni &amp; Cheese</b> Dinner Roll Broccoli Fresh or Chilled Fruit	<b>14 Pizzeria Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>15 Half Day</b>  <b>No Lunch Served</b>	<b>16 Half Day</b>  <b>No Lunch Served</b>
19	20	21	22	23

### Maschio's Swap Outs

#### Available Daily

Bagel Bag Meal

Cereal Bag Meal

Hot Dog on a Bun with Chips

Tuna Salad or Chicken Salad on a Roll

#### Available Daily

Bag of Fresh Vegetables with Dipping Packet

enjoy your

# Summer Vacation!



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

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 Or Call Maschio's Food Services at Your School

Lunch Tickets are available in the cafeteria:  
 10 for \$37.50 / 20 for \$75.00

**Please Make Checks Payable To: Maschio's Food Services, Inc.**



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