


# Newark Legacy Charter School

## June 2016 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

#### Maschio's Swap Outs

- Monday:** Tuna Salad on a Kaiser Roll
- Tuesday:** Turkey & Cheese Sandwich
- Wednesday:** Chicken Caesar Wrap
- Thursday:** Italian Sub Hero
- Friday:** Turkey Ham Sandwich

#### Maschio's Swap Outs Available Daily

**Yogurt Bag**  
with Low Fat Yogurt, Cheese Stick, Veggie Pack, Fruit of the Day and Graham Crackers

**Chicken Caesar Salad** with Dinner Roll

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Pasta with Meat Sauce</b> Sweet Peas Fresh or Chilled Fruit	2 <b>Chicken Nuggets</b> Honey Glazed Carrots Fresh or Chilled Fruit	3 <b>Pizza Bagels</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 <b>Beef Hot Dog on a Bun</b> Puzzle fries Fresh or Chilled Fruit	7 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 <b>Macaroni and Cheese</b> Pretzel stick Broccoli Fresh or Chilled Fruit	9 <b>Chicken Fajita</b> Saut'eed Onion and Peppers Fresh or Chilled Fruit	10 <b>Last Day of School! Assorted Pizza</b> Freshly Prepared salad Fresh or Chilled Fruit



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

 **Maschio's**  
Food Services, Inc.

"This institution is an equal opportunity provider"



**Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily**



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

#### Questions or Concerns?

Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-642-7000