



St. Joseph's Academy

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	\$3.75
Entrée a la Carte	\$2.50
Salad Platter	\$3.50

"SIDEKICKS"

Soup w/ Crackers	\$1.50
Large Cookie	\$0.50
Fresh Fruit	\$0.75
Ice Cream	\$1.00-\$1.25
Assorted Chips	\$1.00

Maschio's Swap Outs

Monday: Italian Sub

Tuesday: Turkey & Cheese Sub

Wednesday: Ham & Cheese Sub

Thursday: Choice Sub Day!

Maschio's Swap Outs Available Daily

Bagel with Yogurt Meal
Chef Salad with Dinner Roll

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 FUN and SUN 			1 Mozzarella Sticks Dinner Roll Side Salad Fresh or Chilled Fruit	2 Noon Dismissal No Lunch Served
5 Italian Sub Garden Veggie Salad Fresh or Chilled Fruit	6 Corn Dog On A Stick Golden Corn Fresh or Chilled Fruit	7 No Lunch Served	8 Assorted Chicken Mashed Potatoes Fresh or Chilled Fruit	9 Class Lunch
12 Hot Dog On A Bun Baked Beans Fresh or Chilled Fruit	13 Pizzeria Pizza Bag of Chips Fresh or Chilled Fruit	14 Half Day No Lunch Served	15 Last Day Of School! No Lunch Served	16
19 enjoy your Summer Vacation!			22	23 

Beverage Choice:

Your Meal Comes with the Choice of: Flavored/ Unflavored Low Fat Milk, 100% Fruit Juice, or

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

Please Make Checks Payable To: Maschio's Food Services

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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