



Oxford Central

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 \$3.60

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: Grilled Chicken Caesar Wrap

Tuesday: Grilled Chicken Salad with a Dinner Roll

Wednesday: Ham & Cheese Sandwich



Thursday: Crispy Chicken Salad with a Dinner Roll

Friday: Garden Salad with Cheese & Dinner Roll

Maschio's Swap Outs Available Daily

Bagel Bag
Yogurt Bag
Cereal Bag

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>FUN and SUN</h2>			1 Oven Roasted Chicken Dinner Roll Mashed Potatoes Fresh or Chilled Fruit	2 Leo's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
5 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	6 Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa Steamed Corn Fresh or Chilled Fruit	7 Hot Dog on Bun Vegetable Medley Fresh or Chilled Fruit	8 Grilled Ham & Cheese On a Pretzel Bun Assorted Potatoes Steamed Vegetables Fresh or Chilled Fruit	9 Leo's Pizza Vegetable of the Day Fresh or Chilled Fruit
12 Chicken Extravaganza Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	13  LUAU!	14 Breakfast Bonanza! w/ Breakfast Sausages Assorted Potatoes Fresh or Chilled Fruit	15 Half Day Leo's Pizza Vegetable of the Day Fresh or Chilled Fruit	16
19	20	21	22	23

enjoy your
Summer Vacation!



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: 908-453-4101

Lunch Tickets are available in the cafeteria:
10 for \$27.50 / 20 for \$54.00

Please Make Checks Payable To:
Oxford Central School

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"



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

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