

Riverdale Public School

June 2018 Lunch Menu

NUTRITION NEWS: Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.60

Maschio's Swap Outs

Monday: Tuna Salad Sandwich
Tuesday: Turkey & Cheese Sandwich
Wednesday: Grilled Chicken Caesar Salad with Roll
Thursday: Cheddar Burger on a Bun
Friday: Warm Crispy Chicken on a Bun

* No pork served-All Ham Products Served are Turkey Based Products

Maschio's Swap Outs Available Daily

Cereal Bag: Low Fat Yogurt, Cheese Stick and Pretzels and Cereal
Bagel Bag: Cheese Sticks, Yogurt, Bagel and Choice of Spread

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

Monday	Tuesday	Wednesday	Thursday	Friday
enjoy your Summer Vacation!			1	
4 Fajita Chicken with Rice Steamed Corn Fresh or Chilled Fruit	5 Hamburger or Cheeseburger on a Bun Sweet Potato Fries Fresh or Chilled Fruit	6 Boniello's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	7 Grilled Cheese Sandwich Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	1 Pasta with Meat Sauce Garlic Bread Green Beans Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Steamed Carrots Fresh or Chilled Fruit	12 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	13 Boniello's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit	14 Cheesesteak Hero Vegetable Medley Fresh or Chilled Fruit	8 FIELD DAY
18 Boniello's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	19 Half Day No Lunch Served	20 Half Day No Lunch Served	21 Half Day No Lunch Served LAST DAY OF SCHOOL	15 Macaroni & Cheese Soft Pretzel Stick Peas & Carrots Fresh or Chilled Fruit
25	26	27	28 	22 29

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: 973-839-1300 X 108

Prepaid Lunch is available in the cafeteria:
10 for \$28.50/ 20 for \$57.00

**Please Make Checks Payable To:
Riverdale Board of Education**

MENU SUBJECT TO CHANGE

Maschio's
Food Services, Inc.
"This institution is an equal opportunity provider"