



Greater Egg

June & July Lunch Menu

NUTRITION NEWS:

Did you know July is National Blueberry Month AND

National Grilling Month? What better way to celebrate then to create your own

blueberry barbeque sauce to spread on some grilled chicken breast! Blueberries are the perfect way to provide your body with vitamin C and antioxidants which can boost kids' immune systems! Grilled chicken is a great lean protein that helps your body build, maintain and repair its tissues. Blueberry barbecued chicken is the perfect summer showstopper!

Enjoy Your Summer!

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
25 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	26 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	27 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk	28 Chicken Salad Pineapple Chunks 100% Orange Juice Chocolate Milk	29 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk
2 Chicken Caesar Wrap Fresh Apple 100% Orange Juice Chocolate Milk	3 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	4 Camp Closed  4th of July	5 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk	6 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk
9 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	10 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	11 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk	12 Chicken Salad Pineapple Chunks 100% Orange Juice Chocolate Milk	13 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk
16 Chicken Caesar Wrap Fresh apple 100% Orange Juice Chocolate Milk	17 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	18 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	19 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk	20 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk
24 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	24 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	25 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk	26 Chicken Salad Pineapple Chunks 100% Orange Juice Chocolate Milk	27 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk
30 Chicken Caesar Wrap Fresh Apple 100% Orange Juice Chocolate Milk	31 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk			

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!

Questions or Concerns? Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: ###-###-####

Lunch Tickets are available in the cafeteria:
10 for \$0.00 / 20 for \$0.00

Please Make Checks Payable To: Board of Education



MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Greater Egg

Lunch Menu

August
2018

NUTRITION NEWS:

Did you know August is National Family Fun Month? Studies show children are more likely to eat their meal if they are involved in the process. Invite your child to help chop vegetables for a side dish or mix together ingredients for a fruit salad. Whether your child is 3 or 12 there are a variety of tasks kids can help with based on their skillset! Make meal preparation and dinnertime more fun by getting the kids involved!

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

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Summer!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	2 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk	3 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk
6 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	7 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	8 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk	9 Chicken Salad Pineapple Chunks 100% Orange Juice Chocolate Milk	10 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk
13 Chicken Caesar Wrap Fresh apple 100% Orange Juice Chocolate Milk	14 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	15 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	16 Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk	17 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk
20 Peanut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice Chocolate Milk	21 Turkey & Cheese Sandwich Diced Pears 100% Fruit Punch Chocolate Milk	22 Ham, Turkey, Salami & Provolone on a Roll Mixed Fruit 100% Orange Juice Chocolate Milk	23 Chicken Salad Pineapple Chunks 100% Orange Juice Chocolate Milk	24 Last Day of Camp Ham & American Cheese Sandwich Sliced Peaches 100% Grape Juice Chocolate Milk
27	28	29	30	31

We Hope You Enjoyed Your Summer Vacation!

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