



# Bergen Center

## 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!*

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 \$1.75  
 Reduced Lunch \$0.40  
 Adult Lunch \$4.00

### Maschio's Swap Outs

- Monday:** Vegetarian Nuggets with Dinner Roll
- Tuesday:** Grilled Cheese Sandwich
- Wednesday:** Tuna Sandwich on Kaiser Roll
- Thursday:** Vegetarian Nugget Wrap with Lettuce & Tomatoes
- Friday:** Tuna Salad Wrap

Maschio's Swap Outs Available Daily

- Bagel Bag with Yogurt and Mozzarella
- Cheese Stick
- Grilled Chicken Caesar Salad with Roll



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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>FUN and SUN</b> 	<b>1</b> <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potatoes Fresh or Chilled Fruit	<b>2</b> <b>Cheese Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit		
<b>5</b> <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>6</b> <b>Pretzel Dog</b> Three Bean Salad Veggie Sticks Fresh or Chilled Fruit	<b>7</b> <b>Roasted Chicken</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	<b>8</b> <b>Breakfast for Lunch Pancakes</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>9</b> <b>Cheese Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit  National Dairy Month 
<b>12</b> <b>Chicken Dippers</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	<b>13</b> <b>Twin Tacos with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</b> Steamed Corn Fresh or Chilled Fruit	<b>14</b> <b>Pretzel Dog</b> Three Bean Salad Veggie Sticks Fresh or Chilled Fruit	<b>15</b> <b>Hamburger or Cheeseburger on a Bun</b> Vegetable Medley Fresh or Chilled Fruit	<b>16</b> <b>Half Day Cheese Pizza</b> Steamed Vegetables Fresh or Chilled Fruit
<b>19</b> <b>Half Day Roasted Chicken</b> Dinner Roll Sweet Potatoes Fresh or Chilled Fruit	<b>20</b> <b>Half Day Last Day of School! Hot Dog on a Bun</b> Vegetable Medley Fresh or Chilled Fruit	<b>21</b>	<b>22</b>	<b>23</b>

enjoy your **Summer Vacation!**



Our well-balanced lunches available for the week, average between 600-850 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

MENU SUBJECT TO CHANGE

Questions or Concerns? Please Visit [www.MaschioFood.com](http://www.MaschioFood.com) Or Call Delmy at Maschio's Food Services at: (201) 385-4857



Lunch Tickets are available in the cafeteria:  
 21 days @ \$1.75= \$36.75 and @ \$0.40= \$8.40  
**Please Make Checks Payable To:**  
**Bergen Center Lunch Fund**

"This institution is an equal opportunity provider"



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