

Lawrence Township Elementary/Intermediate

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 \$2.80
Reduced Lunch \$0.40
Adult Lunch \$4.00

Maschio's Swap Outs

ENTRÉE SWAP-
K-6: Oven Baked Chicken Nuggets with Roll (Available Daily) or Tuna Salad on Wheat. Add the rest of today's hot lunch to complete your meal!
4-6: Pizza Wedge also available as Entrée Swap daily at Lawrence Intermediate.

Maschio's Alternate Meals Available Daily

BAGEL & YOGURT MEAL — LF Yogurt Cup, Whole Grain Bagel, String Cheese, Fresh Veggies, Seasonal Fresh Fruit
FRUIT & CHEESE OR HUMMUS PLATTER— Seasonal Fresh Fruit, Cheddar Cheese Cubes or Cup of Hummus, Fresh Veggies, Whole Wheat Pita Wedges
CEREAL MEAL— Choice of Cereal Bowl with Milk, Bag of Heartzels WG Pretzels, Petite Banana, Fresh Veggies, String Cheeses

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>enjoy your </p> <h1 style="color: #e91e63;">Summer Vacation!</h1>				<p>1 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>4 Cheeseburger on a Bun Oven Fries Broccoli Dippers w/ Ranch Dressing Fresh or Chilled Fruit</p>	<p>5 Crispy Chicken BLT Sandwich Sweet Potato Fries Fresh or Chilled Fruit Pudding Cup</p>	<p>6 Macaroni and Meat Sauce Broccoli Italiano Fresh or Chilled Fruit 100% Fruit Punch</p>	<p>7 Breakfast for Lunch Dutch Waffles with Strawberry Compote Turkey Breakfast Sausage Patties Tater Tots Fresh or Chilled Fruit Orange Juice</p>	<p>8 Assorted Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>11 Plain or Buffalo Chicken Tenders Dinner Roll Steamed Spinach Fresh or Chilled Fruit</p>	<p>12 Bacon Cheeseburger Emoji Fries Steamed Vegetables Fresh or Chilled Fruit Jell-O w/ Topping</p>	<p>13 Sweet & Sour Chicken over Rice Steamed Broccoli Pineapple Tidbits Fortune Cookie</p>	<p>14 Twin Soft or Crunchy Tacos With Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>15 Assorted Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>18 French Toast Sticks Turkey Breakfast Sausage Maple Glazed Sweet Potato Cubes Fresh or Chilled Fruit</p>	<p>19 Sloppy Joe on a Bun Steamed Vegetables Fresh or Chilled Fruit Mom-Pop Lemonade Flavored Popsicle</p>	<p>20 Early Dismissal Mini Corn Dog Nuggets Oven Fries BBQ Baked Beans Fresh or Chilled Fruit 100% Fruit Punch</p>	<p>21 Early Dismissal Turkey & Cheese Ranch Wrap Cucumber Coins Bag of Sunchips Apple Slices Fresh or Chilled Fruit</p>	<p>22 Early Dismissal Assorted Pizza Veggie Dippers Fresh or Chilled Fruit Summer Sprinkle Cookie LAST DAY OF SCHOOL</p>
 <p>Join our team! WE'RE HIRING</p> <p>visit: maschiofood.com/work-for-maschios to fill out an online application today!</p>	<p>26 Looking for part time work during the school year? Why not join our team in September? Great hours! Great people! Apply online.</p>	<p>27 </p>	<p>28 FUN and SUN </p>	<p>29</p>

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 Contact Maschio Food Services at 973.598.0005 or www.MaschioFood.com or Marybeth DiLorenzo, Director of Dining Services 609.671.5594 or mdilorenzo@ltps.org

For your convenience prepayments can be made by to your student's account by sending a check to the school main office or online at mySchoolBucks.com.

Breakfast is available daily at LIS, Eldridge Park & Slackwood:
Full: \$1.75 Reduced: \$0.30
See Breakfast Menu at LTPS.org

MENU SUBJECT TO CHANGE


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