



Washington Township Schools

March 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News Celebrate National Nutrition Month®! Take

the time this month to "put your best fork forward" by achieving the following goals:

- Focus this month on eating fruits and vegetables from all the colors of the rainbow.
- Choose all 5 meal components for a well-balanced meal— each food group provides us with different nutrients our bodies need to be healthy.
- Enjoy the food you are eating to fuel your body— slow down and savor each bite!

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 \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.50

Maschio's Swap Outs

Monday: Cereal Bag

Tuesday: Mozzarella Sticks with Marinara Sauce and Dinner Roll

Wednesday: Hot Dog on a Bun

Thursday: Chicken Caesar Salad with a Dinner Roll

Friday: Stuffed Crust Pizza

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Jamwich Meal

Muffin Bag Meal

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Express Freshly Prepared Garden Salad Fresh or Chilled Fruit	2 "Sam I Am" Grilled Cheese with Ham on a Pretzel Bun "Fox in Socks" Tater Tots "Pink Ink Yink" Sorbet 	3 French Toast Sticks Breakfast Sausage Puzzle Fries Fresh or Chilled Fruit
6 Dipper Day Chicken Sticks with Waffle Sticks Fresh Veggie Dippers Fresh or Chilled Fruit	7 Sloppy Joe on a Bun Baked Fries Fresh or Chilled Fruit	8 Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	9 Breakfast for Lunch Pancakes Breakfast Ham Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	10 New Item! Crazy Pasta Day with Meat Sauce Garlic Bread Green Beans Italiano Fresh or Chilled Fruit
ARE YOU UP FOR THE CHALLENGE?		CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK!		
13 Chicken Nuggets Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	14 SCOOP-A-BOWL Chicken Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	15 Pizza Express Pizza "Shamrock" Garden Salad Fresh or Chilled Fruit	16 Hamburger or Cheeseburger on a Bun Smile Fries Fresh or Chilled Fruit	17 Lucky Tray Day Chili Bowl Topped with Cheddar Garlic Bread Stick Vegetable Medley Fresh or Chilled Fruit
20 Crispy Chicken Sandwich Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit 1st Day of Spring	21 Turkey and Cheese Melt on a Croissant Cucumber Coins Fresh or Chilled Fruit	22 Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	23 Hot Dog on a Bun with Toppings Spiral Fries Fresh or Chilled Fruit	24 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit
27 Popcorn Chicken Warm Pretzel Stick Vegetable Medley Fresh or Chilled Fruit	28 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	29 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	30 Chicken Fajita-with Rice Steamed Broccoli Fresh or Chilled Fruit	31 Bacon Burger on A Bun Baked Beans Fresh or Chilled Fruit

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!**

MENU SUBJECT TO CHANGE



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



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

Questions or Concerns?
Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: 908-689-1188 x608

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"