



Washington Township Schools

February 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

February is Heart Healthy Month! Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. **To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.**

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: Personal Pizza
Wednesday: Hot Dog on a Bun
Thursday: Chicken Caesar Salad with a Dinner Roll
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Jamwich Meal
 Muffin Bag Meal

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fries Breadstick Honey Glazed Carrots Fresh or Chilled Fruit	2 New Item! Cheesy Mozzarella & Garlic Pull-Apart Bread with Marinara Dipping Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	3 Pizza Express Pizza Green Beans Fresh or Chilled Fruit	4 Hamburger or Cheeseburger on a Bun Red Skin Potato Wedges Fresh or Chilled Fruit	5 Chicken Fajita Rice Corn Fresh or Chilled Fruit Super Bowl Celebration
8 New Item! Popcorn Chicken with Sweet & Sour Dipping Sauce Rice Stir-Fry Veggies Fresh or Chilled Fruit Fortune Cookie Chinese New Year	9 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	10 Lucky Tray Day Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	11 EARLY DISMISSAL NO LUNCH SERVED	12 SCHOOL CLOSED
15 SCHOOL CLOSED Presidents' Day	16 New Item! Boneless Chicken Wings with Dipping Sauces Pretzel Stick Veggie Dippers Fresh or Chilled Fruit	17 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	18 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit National Sweet Potato Month	19 Twin Tacos with Taco Meat, Shredded Lettuce, Tomatoes, Shredded Cheddar Cheese, and Salsa Rice Corn Fresh or Chilled Fruit
22 Iowa Corn Dog Nuggets Breadstick Corn Medley Fresh or Chilled Fruit	23 Oregon Grilled Cheese Sandwich Tomato Soup Veggie Sticks Freshly Prepared Pear Crisp	24 New York Pizza Express Pizza Freshly Prepared Tomato and Cucumber Salad Fresh or Chilled Fruit	25 Texas Chili Dog on a Bun Green Beans Fresh or Chilled Fruit	26 New Mexico Chicken & Cheese Quesadilla Mexican Rice Broccoli Fresh or Chilled Fruit
Taste of America Week				
29 Waffles Breakfast Sausage Puzzle Fries Fresh or Chilled Fruit	 <p>Keep your heart happy by choosing healthy options!</p>			



Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

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



"This institution is an equal opportunity provider"

 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