



# 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 MAIN EVENT

### 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



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



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

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

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



Questions or Concerns?  
Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: 908-689-1188 x608

"This institution is an equal opportunity provider"