



# Washington Township Schools

## February 2018 Lunch Menu

**NUTRITION NEWS:** February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

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	\$2.85
Reduced Lunch	\$0.40
Adult Lunch	\$3.60

### Maschio's Swap Outs

- Monday:** Cereal Bag
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Hot Dog on a Bun
- Thursday:** Chicken Caesar Salad with a Dinner Roll
- Friday:** Personal Pizza or Tuna Sandwich

Maschio's Swap Outs Available Daily

- Peanut Butter & Jelly Jamwich Meal**
- Muffin Bag Meal**

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Keep your heart happy by choosing healthy options!</i>		1 <b>Super Bowl Celebration</b> <b>New Recipe!</b> <b>Boneless Chicken Wing Basket with Tater Tots &amp; Soft Pretzel Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit
5 <b>Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>New Recipe! Southwest Chicken Flatbread with Salsa-Ranch Sauce</b> Sweet Potato Tots Fresh or Chilled Fruit	7 <b>Lucky Tray Day</b>  <b>Pizza Chef</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	8 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausage- Fresh or Chilled Fruit	9 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled
12 <b>Chicken Nuggets</b> Buttered Noodles Green Beans Fresh or Chilled Fruit	13 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 <b>Valentine's Day</b> <b>Pizza Chef</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	15 <b>Chinese New Year Celebration</b> <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	16 <b>School Closed</b>
19 <b>President's Day</b> <b>School Closed</b>	20 <b>Sloppy Joe on a Bun</b> Baked Fries Chilled or Fresh Fruit	21 <b>Pizza Chef</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	22 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	23 <b>All-Natural Beef Hot Dog on a Bun</b> Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit
26 <b>Grilled Ham &amp; Cheese on a Croissant</b> Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day</b> <b>New Recipe!</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> <b>Southwestern Slaw</b> Fresh or Chilled Fruit	28 <b>Pizza Chef</b> Freshly Prepared Italian House Salad 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!**

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"