



Washington Township Schools

April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat

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

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 |
|---|---|---|--|--|
| 2 | 3 | 4 | 5 | 6 |
|  <h1 style="color: purple;">Spring Recess! School Closed</h1> | | | | |
| 9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit | 10 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit | 11 Pizza Chef Freshly Prepared Caesar Salad Fresh or Chilled Fruit | 12 Pulled Pork on a Bun Potato Wedges Country Slaw Fresh or Chilled Fruit | 13 Corn Dog Nuggets Vegetarian Baked Beans Cucumber Coins Fresh or Chilled Fruit |
| 16 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit | 17 Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip | 18 Pizza Chef Fresh Veggie Dippers Fresh or Chilled Fruit | 19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit | 20 Sloppy Joe Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit |
| <h2 style="color: purple;">Eat the Colors of the Rainbow Week</h2> | | | | |
| 23 Mac & Cheese Fresh Bread Stick Green Beans Fresh or Chilled Fruit | 24  Baked Bbq Chicken Baked Biscuit Mashed Potatoes Fresh or Chilled Fruit | 25 Pizza Chef Freshly Prepared Garden Salad Fresh or Chilled Fruit | 26 National Pretzel Day Ham & Cheese Melt on a Pretzel Bun Emoji Fries Fresh or Chilled Fruit | 27 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit |
| 30 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli 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
 or Call Maschio's Food Services at: 908-689-1188 x608

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"