



Washington Township Schools

May 2018 Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	2 Pizza Chef Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit	3  Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	4  Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit School Lunch Hero Day
	National Hamburger Month			
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Pasta Alfredo with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Pizza Chef Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	10 Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Warm Ham & Cheese Croissant Veggie Dippers Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 French Toast Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit	16 Pizza Chef Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18  Chicken Sticks with Waffle Sticks Maple Cinnamon Fresh or Chilled Fruit
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Pizza Chef Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	25 School Closed
28  Memorial Day School Closed	29 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	30 Pizza Chef Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	31 Chicken Parm Sandwich Freshly Prepared Caesar Salad Fresh or Chilled Fruit	

Vegetarian Awareness Week

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"