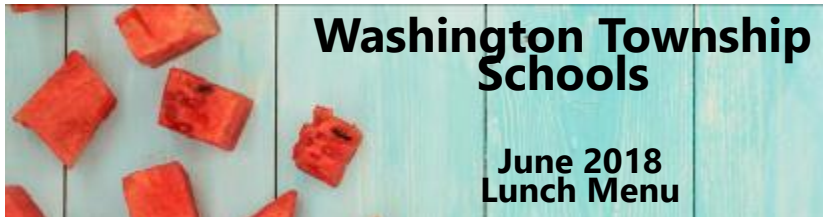

Washington Township Schools

June 2018 Lunch Menu

NUTRITION NEWS: Did you know June is National Dairy Month? Dairy is important because it contains nine essentials nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

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!

Mac's Veggie Patch

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

Monday	Tuesday	Wednesday	Thursday	Friday
enjoy your **Summer Vacation!**				1 **BC– Hot Dog on a Bun** **PC Hamburger On a Bun** Baked Fries Fresh or Chilled Fruit
4 **Warm Ham & Cheese on a Bun** Baked Fries Fresh or Chilled Fruit	5 **Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa** Steamed Corn Fresh or Chilled Fruit	6 **Pizza Chef Pizza** Freshly Prepared Caesar Salad Fresh or Chilled Fruit	7 **Grilled Cheese Sandwich** Potato Wedges Steamed Vegetables Fresh or Chilled Fruit	8 **Field Day Port Colden** **BC– Hamburger on a Bun** **PC Hot Dog On a Bun** Baked Fries Fresh or Chilled Fruit
11 **Chicken Dippers** Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	12 **Breakfast Bonanza** Pancakes, Waffles, French Toast Breakfast Sausage Hashbrowns Fresh or Chilled Fruit	13 **Pizza Chef Pizza** Fresh Veggie Dippers Fresh or Chilled Fruit	14 **Field Day Brass Castle** **Hot Dog on a Bun** Baked Beans Baby Carrots Fresh or Chilled Fruit	15 **Chicken Patty On a Bun** Garden Salad Fresh or Chilled Fruit
18 **Pasta with Meatsauce** Fresh Veggie Dippers Fresh or Chilled Fruit	19 **Pretzel Dog** Baked Beans Fresh or Chilled Fruit	20 **Pizza Chef Pizza** Fresh Veggie Dippers Fresh or Chilled Fruit	21 **Half Day** **No Lunch Served**	22 **Half Day** **No Lunch Serve** **LAST DAY OF SCHOOL**
25	26	27	28	29 **FUN and SUN**

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

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"