

# Washington Township Schools

## December 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

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:** Personal Pizza
- Wednesday:** Hot Dog on a Bun
- Thursday:** Chicken Caesar Salad with a Dinner Roll
- Friday:** Tuna Salad Sandwich

### 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
			<b>1</b> Chicken Tenders With Pretzel Stick Baked Fries Chilled or Fresh Fruit	<b>2</b> Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers 100% Juice Sorbet
<b>5</b> Crispy Chicken Sandwich Potato Wedges Fresh or Chilled Fruit	<b>6</b> Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Corn Fresh or Chilled Fruit	<b>7</b> Pizza Express Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	<b>8</b> Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>9</b> BBQ Chicken Dinner Roll Country Slaw Baked Beans Fresh or Chilled Fruit
<b>12</b> Popcorn Chicken Dinner Roll Green Beans Fresh or Chilled Fruit	<b>13</b> Warm Ham & Cheese on a Pretzel Bun Cucumber Coins Chilled or Fresh Fruit	<b>14</b> Lucky Tray Day Pizza Express Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit	<b>15</b> Holiday Feast Roast Turkey with Gravy Herbed Bread Stuffing Mashed Potatoes with Gravy Green Beans Chilled or Fresh Fruit	<b>16</b> Corn Dog Nuggets Puzzle Fries Fresh or Chilled Fruit
<b>19</b> Chicken Nuggets Soft Pretzel Stick Sweet Potato Fries Fresh or Chilled Fruit	<b>20</b> Breakfast for Lunch Bacon, Egg & Cheese on a Bun Hash Browns Fresh or Chilled Fruit	<b>21</b> First Day of Winter Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>22</b> Chicken & Cheese Quesadilla With Salsa Spiral Fries Fresh or Chilled Fruit	<b>23</b> Half Day No Lunch Served
26	27	28	29	30
<h1>Enjoy your Winter Break &amp; Have a Happy New Year!</h1>				

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



"This institution is an equal opportunity provider"

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