

Welcome Back!

Washington Township Schools

September 2014 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

MAC's Nutrition News

Celebrate Jersey Fresh Farm to School Week

Farm Fresh Produce will be available from September 22nd through the 26th.

Look out for the Jersey Fresh Symbol  on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria. Local fruits and vegetables are in season and taste great!



Student Lunch	\$2.70
Reduced Lunch	\$0.40
Adult Lunch	\$3.50

All Meals Served with:
Vegetable of the Day and 1 selection from Mac's Veggie Patch, Fruit of the Day & Low Fat Milk Choice

Maschio's Swap Outs

- Monday: Cereal Bag
- Tuesday: Hot Dod on a Bun
- Wednesday: Hamburger on a Bun
- Thursday: Chicken Caesar Salad with a Dinner Roll
- Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

- Peanutbutter & Jelly Jamwich Meal
- Muffin Bag Meal



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

MAC'S VEGGIE PATCH

Carrot Sticks,
Featured Salads, Bean Salad,
or Veggie Dippers
Available Daily



MASCHIO'S MAIN EVENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Look out for New Items throughout the month! <i>Happy Labor Day!</i> 	2 School Closed	3 School Closed	4 Crispy Chicken Nuggets Dinner Roll Oven Baked Potato Wedges 100% Fruit Juice Rips Slushie Welcome Back Celebration 	5 New York Style Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 New Item Chicken Tenders Breaded Green Beans Honey Glazed Carrots Fresh or Chilled Fruit	9 Taco Tuesday Twin Tacos with Meat, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes & Salsa Tex-Mex Rice Fiesta Corn Fresh or Chilled Fruit	10 Lucky Tray Day Grilled Cheese Sandwich Oven Baked Sweet Potato Fries Crunchy Veggie Dippers Fresh or Chilled Fruit	11 Breakfast for Lunch Fluffy Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	12 Leo's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit
15 Golden Corn Dog Nuggets Mashed Potatoes Crunchy Veggie Dippers Fresh or Chilled Fruit	16 New Item Grilled Chicken Club with Lettuce, Tomatoes & Turkey Bacon on a Roll Oven Baked Sweet Potato Fries Home-Style Baked Peach Crisp	17 Baked Macaroni & Cheese Warm Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	18 ¡FIESTA! Fiesta Chicken Nacho Platter w/ Seasoned Chicken, Cheese, Lettuce, Tomatoes & Salsa Rice & Beans Corn Fresh or Chilled Fruit	19 New Item Twisted Cheesy Breadsticks with Marinara Dipping Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
22 Popcorn Chicken Buttered Noodles Jersey Fresh Pepper Dippers Fresh or Chilled Fruit	23 New Item Smokey BBQ "MAC" Rib Sandwich Oven Baked French Fries Jersey Fresh Fruit Choice of the Day	24 New Item Cheesy Stuffed Pasta Bites with Marinara Sauce Warm Breadstick Garden Salad with Jersey Fresh Tomatoes Fresh or Chilled Fruit	25 Breakfast for Lunch Country Waffles Breakfast Sausages Tater Tots Jersey Fresh Fruit Choice of the Day	26 Leo's Pizza Jersey Fresh Tomato Cucumber Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Oven Baked Potato Wedges Cucumber Slices Fresh or Chilled Fruit	30 Cheesy Muchacho Nachos with Shredded Lettuce, Diced Tomatoes & Salsa Fiesta Corn Fresh or Chilled Fruit	AMERICA ON THE MOVE!  All lunch items are whole-grain rich! Make at least half your grains whole-grain rich for all your meals.		

VEGETABLE OF THE MONTH:



FRUIT OF THE MONTH:



MENU SUBJECT TO CHANGE

All Meals Options Served with Choice of Flavored Fat:
Free Milk or Unflavored 1% Milk/
Fat Free Milk



"This institution is an equal opportunity provider"