

# Washington Township Schools

## April 2014 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

### MAC's Nutrition News

Celebrate Earth Day on April 22nd by focusing on eating food that comes fresh out of the Earth-

#### Fruits and Vegetables!

Select the fruit of the day and vegetable of the day along with a veggie from Mac's Veggie Patch with your lunch!



Student Lunch	\$2.60
Reduced Lunch	\$0.40
Adult Lunch	\$3.30

#### 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: Grilled Chicken Caesar Salad with Dinner Roll  
 Wednesday: Taco Salad with a Dinner Roll  
 Thursday: Buffalo Chicken Salad with a Dinner Roll  
 Friday: Tuna Salad Sandwich

#### Swap Outs' Available Daily

Peanutbutter & Jelly Uncrustable Meal  
 Yogurt Bag 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](http://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
Celebrate <b>National Pretzel Day</b> this month! Look out for the <b>Warm Soft Pretzel Stick</b> symbol on your menu 🍪	<b>1 Grilled Cheese Sandwich with Tomato Soup</b> Crunchy Veggie Dippers with Dip Fresh or Chilled Fruit	<b>2 Opening Day</b> <b>"Grand Slam"</b> Hot Dog on a Bun served w/ Sauerkraut <b>"Out of the Park"</b> Smiley Fries Fresh or Chilled Fruit M.V.Pretzel Stick 🍪	<b>3 Crispy Chicken Nuggets</b> Fluffy Rice Fresh Green Bean Salad Fresh or Chilled Fruit	<b>4 New York Style Cheese Pizza</b> Freshly Made Romaine Salad Fresh or Chilled Fruit
<b>7 Sweet &amp; Sour Pineapple Chicken with Rice and Sautéed Broccoli</b> Fresh or Chilled Fruit Fortune Cookie	<b>8 Breakfast for Lunch Country Waffles with Syrup</b> Breakfast Sausages Hash Browns Warm Cinnamon Apples	<b>9 Hamburger or Cheeseburger on a Bun</b> Baked Beans Pickle Chips Delicious Fresh Red Grapes	<b>10 ¡FIESTA!</b> Twin Tacos with Meat, Cheese Shredded Lettuce Diced Tomatoes and Salsa Tex-Mex Rice Fiesta Corn Fresh or Chilled Fruit	<b>11 Personal Pan Cheese Pizza</b> Freshly Made Spring Mix Salad Fresh or Chilled Fruit
<b>MAC's Rainbow Week: Eat a Rainbow of Fruits and Vegetables!</b>				
<b>14 Popcorn Chicken</b> Warm Soft Pretzel Stick 🍪 Mashed Potatoes Green Peas Fresh or Chilled Fruit	<b>15 Baked Home-Style Macaroni &amp; Cheese</b> Warm Breadstick Emerald-Green Broccoli Fresh or Chilled Fruit	<b>16 New Item</b> Leo's Pizza Caesar Salad Fresh or Chilled Fruit	<b>17 Half Day NO Lunch Served</b>	<b>18 School Closed</b>
<b>21 School Closed</b>	<b>22 Earth Day</b> Grilled Ham & Cheese on a Pretzel Bun Fresh Juicy Orange 🍊 New Item 🌟	<b>23 Breakfast for Lunch</b> French Toast Sticks with Syrup Breakfast Sausage Oven Crisp Sweet Potato Tots Fresh or Chilled Fruit	<b>24 New Item</b> Fiesta Chicken Nacho Platter with Seasoned Chicken, Cheese, Lettuce, Tomatoes & Salsa Rice & Beans Fiesta Corn Fresh or Chilled Fruit	<b>25 Personal Pan Cheese Pizza</b> Crunchy Veggie Dippers with Dip Fresh or Chilled Fruit
<b>28 Crispy Chicken Nuggets</b> Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit Mini Corn Muffin	<b>29 Sloppy Joe Sandwich on a Bun</b> Garden Fresh Green Beans Fresh or Chilled Fruit Pudding Cup	<b>30 Golden Corn Dog</b> Baked Potato Rounds Hot Veggie of the Day Fresh or Chilled Fruit	<b>MENU SUBJECT TO CHANGE</b> <b>FRUIT OF THE MONTH: Grapes</b> <b>VEGETABLE OF THE MONTH: Broccoli</b>	

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

rBST-free



Lunch Tickets are available in the cafeteria:  
 10 for \$26.00/ 20 for \$52.00  
**Please Make Checks Payable To:**  
**Washington Township School**

*Maschio's Food Services, Inc.*

"This institution is an equal opportunity provider"