

Washington Township Schools

April 2015 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News:

Celebrate Earth Day on April 22nd by focusing on eating food fresh from 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!



All Meals Served with:

- Vegetable of the Day and/or a selection from Mac's Veggie Patch,
- Fruit of the Day and Low Fat Milk Choice

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

Maschio's Swap Outs

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

Swap Outs' Available Daily

Peanut Butter & Jelly Jamwich Meal
 Muffin Bag Meal

Mac's Veggie Patch

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



Questions or Concerns?
 Please Visit www.MaschioFood.com
 Or
 Call Maschio's Food Services at
 908-689-1188 x608

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!

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	2 EARLY DISMISSAL NO LUNCH SERVED	3 School Closed Spring Break
6 School Closed Spring Break	7 School Closed Spring Break	8 School Closed Spring Break	9 Top Your Own Hamburger on a Bun with Lettuce, Tomatoes, & Pickles Smile Potato Fries Fresh or Chilled Fruit	10 SCOOP-A-BOWL Fajita Chicken, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit
13 Crispy Chicken Nuggets Fluffy Rice Peas & Carrots Fresh or Chilled Fruit	14 Lucky Tray Day Chicken Cheese Quesadilla or Beef & Bean Burrito Spanish Rice Corn Fresh or Chilled Fruit	15 Pizza Express Pizza Freshly Prepared Tomato Cucumber Salad Fresh or Chilled Fruit	16 Breakfast for Lunch Pancakes Breakfast Sausages Cinnamon Maple Sweet Potatoes Fresh or Chilled Fruit	17 Meatball Sub Freshly Prepared Garden Salad Fresh or Chilled Fruit
Mac's Rainbow Week! Eat a Rainbow of Fruits and Vegetables!				
20 Chicken Parm Sandwich Green Beans Fresh or Chilled Fruit	21 Baked Ziti W/ Meat Sauce Garlic Bread Stick Broccoli Italiano Fresh or Chilled Fruit	22 Pizza Express Pizza Freshly Prepared Romaine Salad Fresh or Chilled Fruit Earth Day	23 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Rice Corn Fresh or Chilled Fruit	24 Grilled Chicken Caesar Salad Toasted Pita Wedges Fresh or Chilled Fruit
27 Pretzel Day Grilled Cheese on a Pretzel Bun Tomato Soup Veggie Dippers Fresh or Chilled Fruit	28 Hot Turkey Sandwich Baked Fries Fresh or Chilled Fruit	29 Pizza Express Pizza Mixed Vegetable Medley Fresh or Chilled Fruit	30 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	Look for New Items throughout the month!

MENU SUBJECT TO CHANGE



Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"