



# Washington Township Schools

## April 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

**Mac's Nutrition News** On April 22nd everyone around the globe will be celebrating Earth Day. We feel the Earth deserves a bit more respect than that, so we are going to dedicate one full week to this momentous occasion. This month, in honor of the Earth, we are going to challenge you to focus on "Eating the Colors of the Rainbow". You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow; more colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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 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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
				1 School Closed
4 <b>Grand Slam</b> All Beef Hot Dog on a Bun French Fries RIPS® 100% Juice Slushie <b>Opening Day</b>	5 Chicken Nuggets with Assorted Dipping Sauces Dinner Roll Country Slaw Fresh or Chilled Fruit	6 Pizza Express Freshly Prepared Garden Salad Fresh or Chilled Fruit	7 French Toast Breakfast Sausage-Tater Tots Fresh or Chilled Fruit	8 <b>Macaroni &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit
11 Popcorn Chicken Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	12 Grilled Cheese Sandwich Tomato Soup Green Beans Fresh or Chilled Fruit <b>Grilled Cheese Month</b>	13 Pizza Express Freshly Prepared Caesar Salad Fresh or Chilled Fruit	14 Pretzel Dog Baked Beans Fresh or Chilled Fruit	15 <b>Lucky Tray Day</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, and Salsa Rice Corn Fresh or Chilled Fruit
18 <b>New Item!</b> Baked Chicken Confetti Rice Roasted Vegetables Fresh or Chilled Fruit	19 <b>New Item!</b> Pasta Day with Meat Sauce Garlic Bread Broccoli Fresh or Chilled Fruit <b>National Garlic Day</b>	20 Pizza Express Fresh Veggie Dippers Fresh or Chilled Fruit	21 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 <b>New Item!</b> Cheesy Chicken Flatbread with Ranch Dipping Sauce Sweet Potato Tots Fresh or Chilled Fruit <b>Earth Day</b>
<b>Eat the Colors of the Rainbow Week!</b>				
25 Crispy Chicken Sandwich Steamed Corn Fresh or Chilled Fruit	26 Ham & Cheese on a Pretzel Bun Tater Tots Fresh or Chilled Fruit <b>Pretzel Day</b>	27 Pizza Express Freshly Prepared Garden Salad Fresh or Chilled Fruit	28 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	29 Meatball Parm Sandwich Baked Fries Fresh or Chilled Fruit

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



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

Check us out on Facebook : Maschio's Food Services, Inc.

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



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