



# Washington Township Schools

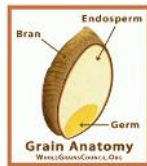
## December 2013 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

### MAC's Nutrition News Celebrate Whole Grains Day

A whole grain is the entire seed or kernel of the plant. It is made up of all three parts including the bran, germ, and endosperm.

Whole grains contain key nutrients such as carbohydrates, protein and are loaded with fiber, vitamins and minerals!



Maschio's Meal Deal  
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 w/ Dinner Roll  
Wednesday: Taco Salad w/ Dinner Roll  
Thursday: Crispy Chicken Salad w/ Dinner Roll  
Friday: Tuna Salad Sandwich

#### Swap Outs' Available Daily

Yogurt Bag



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 <b>Breaded Chicken Sandwich</b> Sweet Potato Fries Chilled Fruit	3 <b>Whole Grains Day</b> <b>Nacho Platter w/ Meat, Cheese, Shredded Lettuce, Salsa</b> Rice & Beans Chilled Fruit	4 <b>Pasta w/ Meat Sauce</b> Broccoli Florets Chilled Fruit	5 <b>BBQ Roasted or BBQ Grilled Chicken</b> Buttered Noodles Green Beans Chilled Fruit	6 <b>French Bread Cheese Pizza</b> Caesar Salad Chilled Fruit
9 <b>Chicken Nuggets w/ Dipping Sauce</b> Dinner Roll Honey Glazed Carrots Chilled Fruit	10 <b>Soft Tacos w/ Meat, Cheese, Shredded Lettuce, &amp; Salsa</b> Fluffy Rice Chilled Fruit	11 <b>Cheese Ravioli</b> Garlic Bread Broccoli Chilled Fruit	12 <b>New Item</b> <b>Mini Burger Sliders</b> Mashed Potatoes Chilled Fruit	13 <b>Individual Pan Pizza</b> Cucumber & Tomato Salad Chilled Fruit
16 <b>Chicken Fajitas</b> Buttered Noodles Mixed Vegetables Chilled Fruit	17 <b>Lucky Tray Day</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Vegetable Dippers Chilled Fruit	18 <b>Mini Pancakes</b> Ham Slice Hash Brown Sticks Chilled Fruit	19 <b>Breaded Chicken</b> Mashed Potatoes Green Beans Cranberry Sauce Chilled Fruit Holiday Cookie	20 <b>1/2 Day No Lunch Served</b>
23 School Closed	24 25 26 27 <b>HAPPY HOLIDAYS</b>			
30 31 <b>&amp; Happy New Year!</b>				

MASCHIO'S MAIN EVENT

### MAC'S VEGGIE PATCH

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

Available Daily

FRUIT OF THE MONTH:



VEGETABLE 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

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"