



Washington Township Schools

December 2014 Lunch Menu

Healthy Meals Grow Healthy Kids!

MAC's Nutrition News

Did you know 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!



...Enjoy whole grains for lunch today!



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 Dog 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

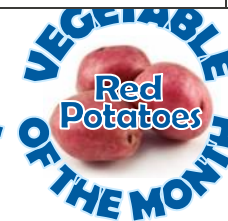
Available Daily



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roasted Chicken Bbq or Plain Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	2 SABRETT Hot Dog on a Bun Tater Tots Broccoli Dippers Fresh or Chilled Fruit	3 Pizza Express Freshly Prepared Caesar Salad Fresh or Chilled Fruit	4 Pasta Day Mini Pasta Pockets with Marinara Sauce Garlic Bread Stick Freshly Prepared Garden Salad Fresh or Chilled Fruit	5 South of the Border Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes & Salsa Corn Fresh or Chilled Fruit
8 Crispy Chicken Nuggets Seasoned Potato wedges Breaded Green Beans Dinner Roll Fresh or Chilled Fruit	9 Lucky Tray Day Grilled Cheese Wedges Tomato Soup Crunchy Vegetable Sticks with Dip Fresh or Chilled Fruit	10 Pizza Express Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 South of the Border Nacho Platter with Taco Meat, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes & Salsa Rice & Beans Corn Fresh or Chilled Fruit	12 Beef Sloppy Joe on a Bun Coleslaw Green Beans Fresh or Chilled Fruit
15 Crispy Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	16 Cheeseburger on a Bun Oven Baked French Fries Fresh or Chilled Fruit	17 Pizza Express Freshly Prepared Garden Salad Fresh or Chilled Fruit	18 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	19 New Item Mozzarella Sticks with Marinara Sauce Warm Bread Stick Romaine Salad Fresh or Chilled Fruit
22 Pizza Express Fresh Garden Salad Fresh or Chilled Fruit Gingerbread Man Cookie	23 Half Day No Lunch Served	24 School closed	25 Happy Holidays!	26
29 and	30 Happy New Year!			Look For New Items Throughout 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"