

Washington Township Schools

December 2015 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

During the cold winter months it is important to remember to stay on track with your healthy habits. Be sure to continue to eat well-balanced meals, get moving either inside or outside (be sure to dress warmly), and get enough sleep. By practicing these healthy habits you will feel energized for the cold months ahead!

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 MAIN EVENT

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



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pretzel Dog Baked Beans Cucumber Dippers Fresh or Chilled Fruit	2 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	3 Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit	4 Meatball Sandwich Green Beans Puzzle Fries Fresh or Chilled Fruit
7 Chicken Nuggets Buttered Noodles Carrots Fresh or Chilled Fruit	8 Grilled Cheese on a Pretzel Bun Tomato Soup Veggie Dippers Fresh or Chilled Fruit	9 Pizza Express Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit	10 Breakfast for Lunch French Toast Sticks Breakfast Sausage Tater Tots Fresh or Chilled Fruit	11 Mac & Cheese Pretzel Stick Vegetable Medley Fresh or Chilled Fruit
14 Chicken Fries with Dipping Sauces Dinner Roll Vegetable Medley Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun Oven Baked Fries Home-Style Pear Crisp	16 <i>Lucky Tray Day</i> Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	17 SCOOP-A-BOWL Fajita Chicken, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	18 Mozzarella Sticks With Marinara Sauce Garlic Bread Stick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Popcorn Chicken Warm Breadstick Roasted Red Skin Potato Wedges Green Beans Fresh or Chilled Fruit	22 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit First Day of Winter	23 Early Dismissal NO Lunch Served	24 25 HAPPY HOLIDAYS	
28	29	30	31	
<p>Enjoy your Winter Break & Have a Happy New Year!</p>				

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



"This institution is an equal opportunity provider"

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