



Washington Township Schools

February 2014 Lunch Menu

MAC's Nutrition News

Heart Healthy Month

Your heart is a muscle and getting at least 60 minutes of physical activity a day is very important to keep your heart healthy and strong!

To keep your heart happy, choose a variety of heart healthy option such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts & fat free/low fat milk!



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: Buffalo 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
 Or
 Call Maschio's Food Services at
 908-689-1188 x608

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Chicken Tenders Dinner Roll Honey Glazed Carrots Chilled Fruit	4 Hamburger or Cheeseburger on a Bun Oven Baked Fries Chilled Fruit	5 New Item Cheese Lasagna Rollup w/ Marinara Sauce Warm Bread Stick Garden Salad Chilled Fruit	6 Pancakes w/ Syrup Sausage Patties Sweet Potato Bites Chilled Fruit	7 NY Style Pizza Veggie Dippers Chilled Fruit
10 Chicken Nuggets Dinner Roll Potato Wedges Chilled Fruit	11 Heart Healthy Day Roasted or Grilled Chicken Steamed Rice Green Beans Chilled Fruit	12 Grilled Cheese Tomato Soup Mixed Vegetables Chilled Fruit	13 Paste w/Meat Sauce Romaine Salad Chilled Fruit	14 Early Dismissal No Lunch Served
17 School Closed	18 Breaded Chicken Dinner Roll Oven Baked Potatoes Chilled Fruit	19 Twin Tacos w/ Meat, Cheese, Shredded Lettuce, & Salsa Steamed Rice Chilled Fruit	20 Lucky Tray Day Roast Turkey Savory Stuffing Mixed Vegetable Chilled Fruit	21 French Bread Pizza Cucumber Coins w/ Dip Chilled Fruit
24 Chicken Fajita Pita w/ Shredded Lettuce, Tomatoes & Cucumber Sauce Veggie Dippers Chilled Fruit	25 Nacho Platter w/ Meat, Cheese, Shredded Lettuce, & Salsa Corn Chilled Fruit	26 Macaroni w/ Meatballs Mixed Vegetable Chilled Fruit	27 French Toast Sticks w/ Syrup Sausage Oven Baked Potatoes 100% Fruit Juice	28 New Item Cheese Calzone w/ Marinara Sauce Romaine Salad Chilled Fruit

MASCHIO'S MAIN EVENT



MAC'S VEGGIE PATCH

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

Available Daily

FRUIT OF THE MONTH:



Bananas

VEGETABLE OF THE MONTH:



Carrots

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"