



Washington Township Schools

February 2015 Lunch Menu

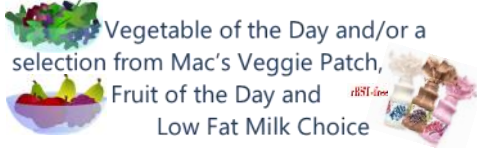
Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

February is Heart Healthy Month! Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong! **To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts & fat free/low fat milk!**



All Meals Served with:



Vegetable of the Day and/or a selection from Mac's Veggie Patch,
Fruit of the Day and
Low Fat Milk Choice

Student Lunch \$2.70

Reduced Lunch \$0.40

Adult Lunch \$3.50

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

Peanut Butter & Jelly Jamwich Meal
Muffin Bag Meal

Mac's Veggie Patch

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



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

Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast for Lunch Up Early Egg Sandwich: Egg & Cheese on a Bun Phil's Fries Fresh or Chilled Fruit <i>Groundhog Day</i>	3 Popcorn Chicken Buttered Noodles Green Beans Fresh or Chilled Fruit	4 Pizza Express Spring Mix Salad Fresh or Chilled Fruit <i>Lucky Tray Day</i>	5 South of the Border Nacho Platter with Taco Meat, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes, & Salsa Corn Fresh or Chilled Fruit	6 Grilled Cheese Tomato Soup Veggie Dippers Fresh or Chilled Fruit
9 Crispy Chicken Nuggets Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	10 Pasta Day with Meatballs Broccoli Italiano Fresh or Chilled Fruit	11 Pizza Express Caesar Salad Fresh or Chilled Fruit	12 SABRETT Hot Dog On a Bun Baked Beans Veggie Dippers Chilled or Fresh fruit	13 EARLY DISMISSAL NO LUNCH SERVED
16 SCHOOL CLOSED <i>New Item</i>	17 Pancakes W/ Syrup Sweet Potato Tots Sausage Patties Fresh or Chilled Fruit	18 Pizza Express Freshly Prepared Garden Salad Fresh or Chilled Fruit	19 Sweet & Sour Chicken Fluffy Rice Broccoli Fresh or Chilled Fruit Fortune Cookie <i>Chinese New Year</i>	20 Pasta Day with Meat Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit <i>New Item</i>
23 Taste of the South Chicken Fries with BBQ Sauce Breadstick Baked Beans Apple Crisp	24 Tex-Mex Day SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	25 New York Style Pizza Express Oven Baked Fries Fresh or Chilled Fruit	26 West Coast California Burger on a Bun with Lettuce & Tomatoes Sweet Potato Fries Fresh or Chilled Fruit	27 Mid-West Pretzel Dog with Dipping Sauces Oven Baked Fries Fresh or Chilled Fruit

Taste of America Week

MENU SUBJECT TO CHANGE

Maschio's
Food Services, Inc.

"This institution is an equal opportunity provider"