



Washington Township Schools

January 2014 Lunch Menu


"Healthy Meals Grow Healthy Kids!"

MAC's Nutrition News

Choose Legumes

Legumes are a nutritious class of vegetables that includes beans, peas and lentils! They are great sources of protein, fiber, folate, potassium, iron and magnesium!

Lookout in the cafeteria for different types of legumes available: Black beans, chickpeas, lentils, kidney beans and more!

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <h1>Happy New Year!</h1>					2	3
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MASCHIO'S MAIN EVENT

6 **Breaded Chicken Sandwich**
Corn Salad
Chilled Fruit

7 **New Item**
Cheesy Muchacho Nachos w/ Shredded Lettuce & Salsa
Corn
Chilled Fruit

8 **Pasta w/ Meat Sauce**
Romaine Salad
Chilled Fruit

9 **French Toast Sticks w/ Syrup**
Sausage
Hash Browns
Warm Cinnamon Apples

10 **NY Style Pizza**
Cucumber & Tomato Salad
Chilled Fruit

13 **Chicken Tenders**
Dinner Roll
Honey Glazed Carrots
Chilled Fruit

14 **Lucky Tray Day**
Twin Tacos w/ Meat, Cheese, Shredded Lettuce, Salsa
Fluffy Rice
Corn
Chilled Fruit

15 **Mini Cheese Ravioli w/ Marinara Sauce**
Dinner Roll
Broccoli
Chilled Fruit

16 **Winter Picnic**
Hamburger or Cheeseburger on a Bun
Potato Rounds
Corn Niblets
100% Fruit Juice

17 **1/2 Day No Lunch Served**

20 **MLK**
School Closed

21 **Pancakes w/ Syrup**
Sausage Patties
Maple Cinnamon
Sweet Potato Tots
Chilled Fruit

22 **Macaroni & Cheese**
Mini Corn Muffin
Broccoli
Chilled Fruit

23 **BBQ Roasted or BBQ Grilled Chicken**
Fluffy Rice
Peas
Chilled Fruit

24 **Gilardi's Stuffed Crust Pizza**
Caesar Salad
Chilled Fruit

27 **Chicken Nuggets**
Dinner Roll
Mashed Potatoes
Chilled Fruit

28 **Hot Dog on a Bun**
Baked Beans
Garden Salad
Chilled Fruit

29 **Cheesy Pasta Pockets w/ Marinara Sauce**
Bread Stick
Green Beans
Chilled Fruit

30 **Chinese New Year!**
Sweet & Sour Chicken
Steamed Rice
Broccoli
Mandarin Oranges
Fortune Cookie

31 **Personal Pan Pizza**
Veggie Dippers
Chilled Fruit

MAC'S VEGGIE PATCH

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

FRUIT OF THE MONTH:
Oranges

VEGETABLE OF THE MONTH:
Legumes

MENU SUBJECT TO CHANGE



All Meals Options Served with Choice of Flavored Fat
Free Milk or Unflavored 1% Milk/
Fat Free Milk

IBST-free

Lunch Tickets are available in the cafeteria:
10 for \$2.60 / 20 for \$52.00
Please Make Checks Payable To: Washington Township School