

Washington Township Schools

January 2015 Lunch Menu


Healthy Meals Grow Healthy Kids!

HAPPY NEW YEAR!

MAC's Nutrition News

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!

	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

Peanut Butter & 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

MENU SUBJECT TO CHANGE
MAC'S VEGGIE PATCH
 Carrot Sticks,
 Featured Salads, Bean Salad,
 or Veggie Dippers
 Available Daily

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
Look for <i>New Items</i> throughout the month!	2015!			1 Pretzel Dog
5 Crispy Chicken Nuggets Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	6 Cheesy Stuffed Bread Sticks with Tomato Sauce Green Beans Frozen Fruit Sorbet	7 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	8 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	9 <i>Winter Picnic</i> Hamburger or Cheeseburger on a Bun with Lettuce & Tomatoes BBQ Baked Beans Fresh or Chilled Fruit
12 Chicken Tenders with Dipping Sauce Dinner Roll Oven Potatoes Fresh or Chilled Fruit	13 Chicken Fajita Wrap with Cheese, Peppers & Onions Green Beans Fresh or Chilled Fruit <i>Lucky Tray Day</i>	14 Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	15 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	16 HALF DAY NO LUNCH SERVED
19 School Closed <i>Martin Luther King, Jr. Day</i>	20 Popcorn Chicken Buttered Noodles Peas & Carrots Fresh or Chilled Fruit	21 Pizza Express Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	22 Mozzarella Sticks with Marinara Sauce Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	23 <i>Pasta Day</i> with Meatballs Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 Crispy Chicken Nuggets Dinner Roll Mashed Potatoes Fresh or Chilled Fruit	27 Breakfast for Lunch French Toast Sticks W/ Syrup Ham Slice Tater Tots Fresh or Chilled Fruit	28 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	29 <i>New Item</i> Pretzel Dog Creamy Coleslaw BBQ Baked Beans Fresh or Chilled Fruit	30 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit



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



Maschio's Food Services, Inc.
 "This institution is an equal opportunity provider"