



Washington Township Schools

January 2016 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Ring in the New Year with healthy achievable goals!

The best way to create change is to set small, measurable, achievable goals. First, think about what habits you need to change to create a healthier lifestyle.... For example, if you want to get more vegetables in your diet, set a small goal of selecting and consuming the vegetable of the day from your cafeteria line 2 days a week for a month. You will feel a great sense of accomplishment when you achieve your goal! While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week)

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 New Year's Day
4 Breakfast for Lunch Pancakes Breakfast Sausages Puzzle Fries Fresh or Chilled Fruit	5 Chicken Nuggets Dinner Roll Honey Glazed Carrots Fresh or Chilled Fruit	6 Pizza Express Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit	7 Hamburger or Cheeseburger on a Bun Corn Fresh or Chilled Fruit	8 Pasta Day with Meatballs Freshly Prepared Caesar Salad Fresh or Chilled Fruit
11 Popcorn Chicken Pretzel Stick Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit	12 Twin Tacos with Taco Meat, Shredded Lettuce, Tomatoes, Shredded Cheddar Cheese, and Salsa Rice Corn Fresh or Chilled Fruit	13 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	14 Ham & Cheese on a Pretzel Bun Veggie Dippers Tomato Soup Fresh or Chilled Fruit	15 HALF DAY NO LUNCH SERVED
18 SCHOOL CLOSED 	19 Breakfast for Lunch Pancakes Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	20 Pizza Express Pizza Veggie Dippers Fresh or Chilled Fruit	21 New Items! Bacon Cheddar Burger on a Bun Country Slaw Fresh or Chilled Fruit 	22 Crispy Chicken Sandwich Vegetable Medley Navel Orange
25 Chicken Nuggets Savory Stuffing Vegetable Medley Fresh or Chilled Fruit	26 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	27 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	28 Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	29 Chicken & Cheese Quesadilla Seasoned Rice, Corn RIPS 100% Juice Slushie

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



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

"This institution is an equal opportunity provider"