

# Washington Township Schools

## June 2014 Lunch Menu

### MAC's Nutrition News

June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. *Did you know, our bodies can make vitamin D from exposure to sunlight!* Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese).

Don't forget to select a cold low-fat milk with your lunch!



- 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 with Dinner Roll
- Wednesday: Taco Salad with a Dinner Roll
- Thursday: Chef Salad—With Ham, Turkey & Cheese
- Friday: Tuna Salad Sandwich

### Swap Outs' Available Daily

- PBJ Bag Meal
- Yogurt Bag
- Muffin Meal 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](http://www.MaschioFood.com)  
Or  
Call Maschio's Food Services at  
908-689-1188 x608

### MAC'S VEGGIE PATCH

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



MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

MASCHIO'S MAIN EVENT

<p>2 Ravioli W/ Marinara Sauce Caesar Salad Garlic Bread Stick or Dinner Roll Fresh or Chilled Fruit</p>	<p>3 Hamburger or Cheeseburger on a Bun Pickle Chips Baked Fries Fresh or Chilled Fruit</p>	<p>4 Leo's Pizza Cucumber Salad Fresh or Chilled Fruit</p>	<p>5 Steak Sandwich with peppers and onions Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>6 Pt Colden Field Day Hot Dog On A Bun Baked Chips Baby Carrots  Brass Castle Person Pan Pizza With or without Pepperoni Caesar Salad Fresh or Chilled Fruit</p>
<p>9 Corn Dog Nuggets Baked Beans Fresh or Chilled Fruit</p>	<p>10 Baked Chicken with or without BBQ sauce Pasta Salad Fresh or Chilled Fruit</p>	<p>11 Leo's Pizza Caesar Salad Fresh or Chilled Fruit</p>	<p>12 <b>Lucky Tray Day</b> Nacho Platter Lettuce, Tomato, Cheese, Salsa Rice Fresh or Chilled Fruit</p>	<p>13 BC Field Day Hot Dog On A Bun Baked Chips Baby Carrots  Port Colden Assorted Chicken Nuggets, Popcorn Broccoli Chilled Fruit</p>
<p>16 Chicken Caesar Salad Dinner Roll Fresh or Chilled Fruit</p>	<p>17 Turkey, Ham &amp; Cheese Hoagie Baked Chips Veggie Dippers Fresh or Chilled Fruit</p>	<p>18 Leo's Pizza Vegetable of the Day Fresh or Chilled Fruit</p>	<p>19 <b>SEEKING SUBSTITUTE FOOD SERVICE WORKERS. SINGLE LOCATION OR TRAVELING</b></p>	<p>20 <b>PLEASE CONTACT HOLLY REAMER 908-763-6141</b></p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30 </p>		<p>FRUIT OF THE MONTH: </p>		<p>VEGETABLE OF THE MONTH: </p>

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



rBST-free

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"