


# Washington Township Schools

## June 2015 Lunch Menu



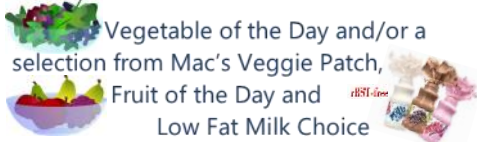
Healthy Meals Grow Healthy Kids!

### 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!**

#### 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: Personal Pizza  
 Wednesday: Hot Dog 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](http://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 0 grams of trans fat!



MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Cheeseburger Sliders on a Bun</b> Baked Sweet Potato Tots Fresh or Chilled Fruit	2 <b>Chicken Nuggets</b> with Dipping Sauces Dinner Roll Broccoli Florets Fresh or Chilled Fruit	3 <b>Pizza Express Pizza</b> Romaine Salad Fresh or Chilled Fruit	4 <b>Field Day Hot Dog On A Bun</b> Baked Fries 100 % Fruit Sorbet Fresh or Chilled Fruit	5 <b>Cheese Filled Bread Sticks With Marinara Sauce</b> Cucumber & Tomato Salad Fresh or Chilled Fruit
8 <b>Pancakes With Syrup</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	9 <b>Popcorn Chicken</b> Pretzel Stick Glazed Carrots Fresh or Chilled Fruit	10 <b>Pizza Express Pizza</b> Caesar Salad Fresh or Chilled Fruit	11 <b>Chicken Parmesan On A Bun</b> Tomato Cucumber Salad Fresh or Chilled Fruit	12 <b>Grilled Cheese Sandwich</b> Pepper Strips Fresh or Chilled Fruit
15 <b>Lucky Tray Day</b> <b>Meatball Sub Sandwich</b> Vegetable Pasta Salad Fresh or Chilled Fruit	16 <b>Crispy Chicken Club Sandwich</b> Lettuce, tomato, Bacon Seasoned Potato Wedges Fresh or Chilled Fruit	17 <b>Pizza Express Pizza</b> Garden Salad Fresh or Chilled Fruit	18 <b>Pretzel Dog</b> Baked Beans Carroteenies Fresh or Chilled Fruit	19 <b>Mozzarella Sticks With Marinara Sauce</b> Dinner Roll Caesar Salad Fresh or Chilled Fruit
22 <b>Pizza Express Tossed Salad</b> Fruit	23 <b>Early Dismissal</b> No lunch Served	24 <b>Early Dismissal</b> No Lunch Served		

 Enjoy Your Summer Vacation! 

 Find us on Facebook:  
 Maschio's Food Services, Inc.

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"