



Washington Township Schools

March 2014 Lunch Menu

"Health Meets Growth Healthy Kids!"

MAC's Nutrition News

March is National Nutrition Month®!

Here are some easy ways to **Enjoy the Taste of Eating Right:**

- Take your time eating your meals, enjoy the flavor and taste of the food.
- Choose a variety of colorful fruits and vegetables. They all have different tastes: vegetables such as carrots and corn have a sweet taste while broccoli and arugula have a more bitter taste.
- Enhance the flavor of your food with different herbs and spices such as basil, cilantro, parsley, cinnamon, ginger, and chili powder.



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: Crispy Chicken Salad with a Dinner Roll

Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

Yogurt 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

MAC'S VEGGIE PATCH

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Hop on Pop Chicken Oodles of Noodles Wild Bippo Broccoli Fresh or Chilled Fruit Pink Yink Ink Sorbet</p> <p> New Item</p> <p> Read Across America</p>	<p>4 Hamburger on a Bun served with Lettuce Tomato, Pickles Oven Crisp Fries Fresh or Chilled Fruit</p>	<p>5 Crazy Pasta Day With Meat Sauce Fresh Tossed Garden Salad Fresh or Chilled Fruit</p>	<p>6 Celebrate National School Breakfast Week! Buttermilk Pancakes Breakfast Sausages Hash Browns 100% Fruit Juice or Fresh or Chilled Fruit</p> <p></p>	<p>7 Stuffed Crust Pizza Freshly Made Caesar Salad Fresh or Chilled Fruit</p>
<p>10 Crispy Chicken Nuggets Mashed Potatoes Honey Glazed Carrots Fresh or Chilled Fruit</p>	<p>11 Cheese Steak with or without Cheese Oven Baked Fries Fresh or Chilled Fruit Warm Cinnamon Apples</p> <p></p>	<p>12 Creamy Baked Mac and Cheese Soft Pretzel Stick Seasoned Green Beans Fresh or Chilled Fruit</p>	<p>13 Cheese Pizza Fresh Romaine Salad w/ Assorted Dressings Fresh or Chilled Fruit</p>	<p>14 EARLY DISMISSAL NO LUNCH SERVED</p>
<p>17 Crispy Chicken Sandwich served with Lettuce & Tomato Cucumber Coins with Dips Fresh or Chilled Fruit</p>	<p>18 TEX-MEX Twin Tacos with Meat, Cheese Shredded Lettuce Diced Tomatoes and Salsa Steamed Rice Golden Corn Fresh or Chilled Fruit</p>	<p>19 Mini Cheese Ravioli with Marinara Sauce Garlic Bread Stick Broccoli Italiano Fresh or Chilled Fruit</p>	<p>20 Hot Dog on a Bun Baked Beans Oven Baked Fries Jello Fresh or Chilled Fruit</p> <p><i>Spring Fling</i></p>	<p>21 Pizza Sticks Marinara Sauce Crunchy Celery Sticks with Dip Fresh or Chilled Fruit</p>
<p>24 Crispy Chicken Nuggets Dinner Roll Glazed Carrots Fresh or Chilled Fruit</p>	<p>25 Breakfast for Lunch French Toast Sticks with Syrup Breakfast Sausage Oven Baked Tater Tots Fresh or Chilled Fruit</p>	<p>26 Lucky Tray Day Baked Ziti with Mozzarella Cheese Sautéed Spinach Fresh or Chilled Fruit</p>	<p>27 Corn Dog Nuggets with Assorted Dips Dinner Roll Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>28 Cheese Pizza Fresh Romaine Salad with Assorted Dressings Fresh or Chilled Fruit</p>
<p>31 Meatball Parmesan Sub Seasoned Potato Wedges Fresh or Chilled Fruit</p>	<p>MENU SUBJECT TO CHANGE</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



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

Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"