

Washington Township Schools

March 2015 Lunch Menu



Healthy Meals Grow Healthy Kids!

Mac's Nutrition News: Celebrate National Nutrition Month®

Create achievable goals this month to Bite into a Healthy Lifestyle!

-Focus on making healthy food choices. A goal for example could be to increase your vegetable intake by being mindful to select and consume the vegetable of the day with your lunch.

- Exercise to energize- focus on getting at least 60 minutes of physical activity per day. For example you can join an afterschool activity with your friend, such as indoor swim classes, indoor hockey, ice-skating, indoor basketball etc.

Create your own goals and share them with your friends and family for extra motivation!

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: Hamburger on a Bun
- 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

MASCHIO'S MAIN EVENT

Monday Tuesday Wednesday Thursday Friday

<p>2 "Hop On Pop" Popcorn Chicken Pretzel Stick Who-Ville Fries Pink Yink Ink Sorbet</p> <p></p>	<p>3 Grilled Ham & Cheese on a Pretzel Bun Glazed Carrots Fresh or Chilled Fruit</p>	<p>4 Pizza Express Cheese Pizza Freshly Prepared Romaine Salad Fresh or Chilled Fruit</p>	<p>5 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh Pear</p>	<p>6 New Item Walking Nachos: Doritos® Nacho Cheese Chips with Taco Meat, Shredded Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh Apple</p>
<p>9 Crispy Chicken Nuggets Buttered Noodles Garden Fresh Peas Fresh or Chilled Fruit</p>	<p>10 Mozzarella Sticks W/ Marinara sauce Garlic Bread Caesar Salad Fresh or Chilled Fruit</p>	<p>11 Pizza Express Cheese Pizza Freshly Prepared Spring Mix Salad Warm Apple Crisp</p> <p></p>	<p>12 Oven Roasted Chicken Dinner Roll Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit</p>	<p>13 Pasta Day Lasagna Roll Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>16 Crispy Chicken Sandwich Smile Potato Fries Fresh or Chilled Fruit</p>	<p>17 Lucky Tray Day Hot Dog On A Bun Baked Tater Tots Fresh or Chilled Fruit</p>	<p>18 Pizza Express Cheese Pizza Freshly Prepared Tomato Cucumber Salad Fresh or Chilled Fruit</p>	<p>19 New Item Breakfast for Lunch Egg & Cheese on a Pretzel Bun Cinnamon Maple Sweet Potato Tots Fresh Juicy Orange</p>	<p>20 Mini Burger Sliders Baked Beans Veggie Dippers Fresh or Chilled Fruit 1st Day of Spring</p>
<p>23 New Item Dipper Day Chicken Sticks Waffle Sticks Veggie Sticks with Dipping Sauces Fresh or Chilled Fruit</p>	<p>24 Bbq Rib Sandwich on a Bun Seasoned Potato Wedges Fresh or Chilled Fruit</p>	<p>25 Pizza Express Cheese Pizza Freshly Prepared Romaine Salad Fresh or Chilled Fruit</p>	<p>26 Grilled Cheese Sandwich Tomato Soup Sautéed Green Beans Fresh or Chilled Fruit</p>	<p>27 SCOOP-A-BOWL Chicken Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS® Tortilla Chips Steamed Corn</p>
<p>30 Popcorn Chicken Dinner Roll Roasted Potatoes Sautéed Spinach Fresh or Chilled Fruit</p>	<p>31 Breakfast for Lunch Waffle Sticks Breakfast Sausages Hash Browns Fresh Pear</p>			<p>Look for New Items throughout the month!</p>

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



Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE