

Washington Township Schools

March 2016 Lunch Menu



Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

Celebrate National Nutrition Month! Take the time this month to focus on the experience you have during mealtime. In addition

- to choosing healthy foods, it is important to create mindful eating habits such as:
- Slowing down to savor each bite
 - Eating meals with your family and friends; avoid eating in front of the TV
 - Being aware of when you are full

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 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

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 1 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	2 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	3 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, and Salsa Rice Corn Fresh or Chilled Fruit	4 Horton Hears a Hamburger on a Bun Fox in Socks Tater Tots Pink Ink Yink Sorbet Dr. Seuss' Birthday- Read Across America	7 Chicken Fries with Dipping Sauce Pretzel Stick Broccoli Fresh or Chilled Fruit
8 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit	9 Pizza Express Pizza Freshly Prepared Spring Mix Salad Warm Home-Style Apple Crisp Johnny Appleseed Celebration	10 Baked or Grilled Chicken Mashed Potato Honey Glazed Carrots Fresh or Chilled Fruit	11 Meatball Parm Hero Green Beans Fresh or Chilled Fruit National School Breakfast Week: wake up!	
14 Chicken Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	15 Mozzarella Sticks with marinara Sauce Dinner Roll Cucumber Coins Fresh or Chilled Fruit	16 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	17 Hot Dog on a Bun Tater Tots Fresh or Chilled Fruit	18 New Item! Sausage & Cheese on a Croissant Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit
21 Crispy Chicken Sandwich Red Skin Potato Wedges Fresh or Chilled Fruit	22 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	24 Early Dismissal No Lunch Served	25 SCHOOL Closed No Lunch Served
28 Spring Recess!	29 Spring Recess!	30 Spring Recess!	31 School Closed HAPPY SPRING! 	



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

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



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

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

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