

# Washington Township Schools

## May 2014 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

### MAC's Nutrition News

Enjoy the nice spring weather and celebrate **National BBQ Month** with your friends and family!  
Try a variety of **Grilled Vegetables** such as Corn, Zucchini, Bell Peppers, Eggplant and more!  
Look on the lunch line this month for the vegetable of the month: Corn on the Cob!



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: Grilled Ham & Cheese on Pretzel Bun  
Friday: Tuna Salad Sandwich

#### Swap Outs' Available Daily

Muffin Bag Meal  
PBJ Uncrustable Meal  
Turkey & Cheese Sandwich



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

FRUIT OF THE MONTH:



VEGETABLE OF THE DAY:



MASCHIO'S MAIN EVENT

5 **Cinco de Mayo**  
**iFiesta!**  
Nacho Platter w/  
Meat, Cheese, Lettuce,  
Tomatoes & Salsa  
Seasoned Rice  
Fiesta Corn  
Fresh or Chilled Fruit

6 **Crispy Chicken**  
**Nuggets**  
Dinner Roll  
Honey Glazed  
Carrots  
Fresh or Chilled Fruit

7 **Leo's Pizza**  
Freshly Tossed  
Garden Salad  
Fresh or Chilled Fruit

1 **Lucky Tray Day**  
Hamburger or  
Cheeseburger on a  
Bun  
served w/ Lettuce,  
Tomatoes & Pickles  
Warm Cheesy  
Broccoli  
Fresh or Chilled Fruit

2 **New York Style**  
**Cheese Pizza**  
Freshly Made  
Caesar Salad  
Fresh or Chilled  
Fruit

12 **Chinese "Take Out"**  
**Sweet & Sour**  
**Popcorn Chicken**  
w/ Rice & Broccoli  
Fresh or Chilled Fruit  
Fortune Cookie

13 **Mexican Fiesta**  
**Twin Tacos w/ Meat,**  
Cheese, Shredded Lettuce,  
Diced Tomatoes & Salsa  
Tex-Mex Rice  
Fiesta Corn  
Fresh or Chilled Fruit

14 **Italian Feast**  
**Leo's Pizza**  
Freshly Made  
Romaine Salad  
Fresh or Chilled Fruit

15 **German Cuisine**  
**Hot Dog on a Bun**  
served w/  
Baked Fries  
Warm apple Slices

16 **French Toast**  
**Sticks W/ Syrup**  
Hash Brown Stick  
Breakfast Sausage  
Patty  
Chilled Fruit

19 **Chicken Tenders**  
Dinner Roll  
Tater Tots  
Sautéed Spinach  
Fresh or Chilled Fruit

20 **Build Your Own**  
**Hamburger on a**  
**Bun served w/ Cheese,**  
Lettuce, Onions,  
Tomatoes & Pickles  
Maple Cinnamon  
Sweet Potato Fries  
Fresh or Chilled Fruit

21 **Leo's Pizza**  
Freshly Tossed  
Caesar Salad  
Fresh or Chilled Fruit

22 **Half Day**  
**No**  
**Lunch Served**

23 **School**  
**Closed**

26 **Memorial**  
**DAY**

27 **Crispy Chicken**  
**Sandwich**  
Oven Baked Fries  
Fresh or Chilled Fruit  
Frozen 100% Juice  
Sorbet

28 **Leo's Pizza**  
Freshly Tossed  
Caesar Salad  
Fresh or Chilled Fruit

29 **Chicken Fajita W/**  
**Peppers & Onion**  
Seasoned Rice  
Fresh or Chilled Fruit

30 **Mozzarella Sticks**  
**w/ Marinara**  
**Sauce**  
**Garlic Bread Stick**  
Crunchy Veggie  
Dippers w/ Dip  
Fresh or Chilled  
Fruit

MENU SUBJECT TO CHANGE

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

rBST-free



"This institution is an equal opportunity provider"