



Washington Township Schools

November 2013 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

MAC's Nutrition News

Celebrate National Sandwich Day on November 11th in your school!

National Sandwich Day celebrates the birth of the world's first sandwich maker in the 18th century: John Montagu, the fourth Earl of Sandwich. Sandwiches are great way to be sure you have a complete meal. They typically have 3 of the 5 food components: Meat, Grain, and Vegetables. Just add fruit and low fat milk to complete your well-balanced lunch!



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 w/ Dinner Roll
 Wednesday: Taco Salad w/ Dinner Roll
 Thursday: Buffalo Chicken Salad w/ Dinner Roll
 Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

Yogurt Bag
 Fruit & Cheese Platter w/ Pita



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Eat a Rainbow of Fruits & Vegetables

MASCHIO'S MAIN EVENT

				1 Personal Pan Pizza Romaine Salad Chilled Fruit
4 1/2 Day No Lunch Served	5 1/2 Day No Lunch Served	6 1/2 Day No Lunch Served	7 SCHOOL CLOSED	8 SCHOOL CLOSED
11 National Sandwich Day Turkey Club on a Roll w/ Turkey Bacon, Lettuce & Tomatoes Sweet Potato Fries Chilled Fruit	12 Nacho Platter w/ Meat, Cheese, Shredded Lettuce, Diced Tomatoes & Salsa Rice & Beans Corn Chilled Fruit	13 Lucky Tray Day Chicken & Broccoli Pasta Bake Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Baked French Fries Chilled Fruit	15 NY Style Cheese Pizza Vegetable Sticks w/ Dip Chilled Fruit
18 Chicken Nuggets Vegetable Pasta Salad Mixed Vegetables Chilled Fruit	19 Twin Tacos w/ Meat, Cheese, Shredded Lettuce, Diced Tomatoes & Salsa Seasoned Rice Corn Chilled Fruit	20 Grilled Cheese Sandwich Tomato Soup Sweet Potato Tots Chilled Fruit	21 Roast Turkey w/ Gravy Bread Stuffing Mashed Potatoes Green Beans Cranberry Sauce Chilled Fruit Thanksgiving Feast	22 Stuffed Crust Cheese Pizza Caesar Salad Chilled Fruit
25 Pizza Sticks w/ Marinara Sauce Garden Salad Chilled Fruit	26 Macaroni & Cheese Mini Corn Muffins Broccoli Chilled Fruit	27 1/2 Day No Lunch Served	28 29 Happy Thanksgiving 	

MAC'S VEGGIE PATCH
CARROT STICKS,
FEATURED BEAN SALAD,
OR SALAD CUP

FRUIT OF THE MONTH:



VEGETABLE OF THE MONTH:



MENU SUBJECT TO CHANGE

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"