

Washington Township Schools

November 2014 Lunch Menu

Healthy Meals Grow Healthy Kids!

MAC's Nutrition News

It is important to remember to continue to make healthy choices on the weekend, just as you do when you are in the cafeteria. With fall being in full swing, weekends are packed with game day parties, activities outside the home and thanksgiving around the corner. Meals on these busy days typically revolve around foods that are high in unhealthy fat, added sugars, sodium and may be associated with large portion sizes. Distracted eating can occur while talking to friends, watching the game or eating on the run. Keep in mind proper portion sizes and incorporate all five food groups into your meal. Try to fill at least half your plate with fruits and vegetables!



Student Lunch \$2.70
 Reduced Lunch \$0.40
 Adult Lunch \$3.50

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 MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
3 HALF DAY NO LUNCH SERVED	4 HALF DAY NO LUNCH SERVED	5 HALF DAY NO LUNCH SERVED	6 School Closed	7 School Closed
10 Crispy Chicken Sandwich Oven Baked Potato Wedges Breaded Green Beans Fresh or Chilled Fruit	11 Cheesy Beef Twin Tacos with Shredded Lettuce, Diced Tomatoes & Salsa Fiesta Corn Fresh or Chilled Fruit Veteran's Day	12 Dominos Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	13 <i>Lucky Tray Day</i> Hot Dog on a Bun Corn on the Cob Coleslaw Fresh or Chilled Fruit	14 Sloppy Joe on a Bun Mashed Potato Fresh or Chilled Fruit
17 <i>New Item</i> SCOOP-A-BOWL Nacho Platter Seasoned Beef Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos Tortilla Scoops Black Bean & Corn Salad Fresh or Chilled Fruit	18 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	19 Dominos Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	20 Thanksgiving Feast Roast Turkey with Gravy Soft Roll Mashed Potatoes Green Beans Home-Style Pear Crisp	21 Pasta Day with Meat Sauce Sautéed Spinach Fresh or Chilled Fruit
24 Popcorn Chicken Dinner Roll Steamed Corn Fresh or Chilled Fruit	25 Muchacho Nacho Lettuce, Tomato, Cheddar Cheese, Salsa Spanish Rice & Beans Fresh or Chilled Fruit	26 Dominos Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	27 Happy Thanksgiving!	28 Happy Thanksgiving!

Maschio's Swap Outs

Monday: Cereal Bag
 Tuesday: Hot Dog on a Bun
 Wednesday: Hamburger on a Bun
 Thursday: Chicken Caesar Salad with a Dinner Roll
 Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

Peanutbutter & Jelly Jamwich Meal
 Muffin Bag Meal

MAC'S VEGGIE PATCH

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

Available Daily



MENU SUBJECT TO CHANGE

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

riST-free



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

"This institution is an equal opportunity provider"