

Washington Township Schools

November 2015 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!

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 MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
2 EARLY DISMISSAL NO LUNCH SERVED	3 EARLY DISMISSAL NO LUNCH SERVED	4 EARLY DISMISSAL NO LUNCH SERVED	5 SCHOOL CLOSED	6 SCHOOL CLOSED
9 Chicken Fries with Dipping Sauces Pretzel Stick Puzzle Fries Fresh or Chilled Fruit	10 Nacho Platter with Beef, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Corn Fresh or Chilled Fruit	11 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit 	12 Sabrett's All Natural Beef Hot Dog on a Bun Sweet Potato Tots Fresh or Chilled Fruit	13 Mac & Cheese Warm Breadstick Vegetable Medley Fresh or Chilled Fruit
16 Crispy Chicken Sandwich Potato Wedges Fresh or Chilled Fruit	17 Corn Dog Nuggets Baked Beans Mashed Potato Fresh or Chilled Fruit	18  Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit	19 Roast Turkey Stuffing Mashed Potatoes with Gravy Green Beans Home-Style Apple Crisp	20 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit
23 Crispy Chicken Nuggets Buttered Noodles Honey Glazed Carrots Fresh or Chilled Fruit	24 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit	25 EARLY DISMISSAL NO LUNCH SERVED	26 27 Happy Thanksgiving! 	
30 Breakfast for Lunch French Toast Breakfast Sausages Hash Browns Fresh or Chilled Fruit	 <p>Try to fill at least half your plate with fruits and vegetables!</p>			

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



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



"This institution is an equal opportunity provider"

 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