



# Washington Township Schools

## October 2014 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

### MAC's Nutrition News

Maschio's encourages you to "Get in the Game with School Lunch." Staying healthy is all about balancing good nutrition with physical activity. Take a look at our menu; it's jam-packed with nutritionally balanced meals that will leave you energized for your after-school physical activities. All meals offered limit calories, fat, and sodium to age-appropriate levels, all grains are whole-grain rich, and there are a variety of fruit and vegetable choices each day. If you have not yet tried school lunch, purchase it during October 13th-17th to help celebrate National School Lunch Week. Also, remember to be active for at least 60 minutes each day!



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 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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Look out for New Items throughout the month!



1 **Pasta Day with Meatballs**  
 Freshly Prepared Romaine & Tomato Salad  
 Fresh or Chilled Fruit

2 **New Item**  
**SABRETT All Beef Hot Dog on a Bun**  
 Corn on the Cob  
 Coleslaw  
 Fresh or Chilled Fruit

3 **Leo's Pizza**  
 Freshly Prepared Caesar Salad  
 Fresh or Chilled Fruit

6 **Sweet & Sour Chicken with Rice**  
 Sautéed Broccoli  
 Fresh or Chilled Fruit  
 Fortune Cookie

7 **Breakfast for Lunch**  
**French Toast Sticks**  
 Breakfast Sausage  
 Hash Browns  
 Fresh or Chilled Fruit

8 **Lucky Tray Day**  
**Mini Raviolis with Marinara Sauce**  
 Dinner Roll  
 Freshly Prepared Garden Salad  
 Fresh or Chilled Fruit

9 **Cheesesteak Hero**  
 Potato Wedges  
 Fresh or Chilled Fruit

10 **Early Dismissal NO LUNCH SERVED**

13 COLUMBUS DAY  
**School Closed**

14 **Touchdown Crispy Chicken Nuggets**  
 Dinner Roll  
 Oven Baked Potato Wedges  
 Fresh or Chilled Fruit

15 **Half-Time Pasta Day with Meat Sauce**  
 Broccoli Italiano  
 Fresh or Chilled Fruit

16 **Grand Slam Mini Burger Sliders** served with **Shredded Lettuce & Sliced Tomatoes**  
 Oven Baked Sweet Potato Fries  
 Fresh or Chilled Fruit

17 **Leo's Pizza**  
 Freshly Prepared Caesar Salad  
 Fresh or Chilled Fruit

20 **Chicken Tenders**  
 Breaded Green Beans  
 Honey Glazed Carrots  
 Fresh or Chilled Fruit

21 **Taco Tuesday**  
**Twin Tacos with Meat, Cheddar Cheese, Shredded Lettuce, Diced Tomatoes & Salsa**  
 Tex-Mex Rice  
 Fiesta Corn  
 Fresh or Chilled Fruit

22 **Grilled Cheese Sandwich**  
 Oven Baked Sweet Potato Fries  
 Fresh Crunchy Veggie Dippers  
 Fresh or Chilled Fruit

23 **Breakfast for Lunch**  
**Fluffy Pancakes**  
 Breakfast Sausages  
 Hash Browns  
 Fresh or Chilled Fruit

24 **Personal Pan Pizza**  
 Freshly Prepared Garden Salad  
 Fresh or Chilled Fruit

27 **Golden Corn Dog Nuggets**  
 Mashed Potatoes  
 Fresh Crunchy Veggie Dippers  
 Fresh or Chilled Fruit

28 **Grilled Chicken Club with Lettuce, Tomatoes & Turkey Bacon on a Roll**  
 Oven Baked Sweet Potato Fries  
 Home-Style Baked Apple Crisp

29 **Baked Macaroni & Cheese**  
 Warm Soft Pretzel Stick  
 Green Beans  
 Fresh or Chilled Fruit

30 **¡FIESTA!**  
**Fiesta Chicken Nacho Platter w/ Seasoned Chicken, Cheese, Lettuce, Tomatoes & Salsa**  
 Rice & Beans  
 Corn  
 Fresh or Chilled Fruit

31 **happy HALLOWEEN**  
**Leo's Pizza**  
 Freshly Prepared Spring Mix Salad  
 100% Orange Juice  
 Fruit Sorbet

MASCHIO'S MAIN EVENT

### GET IN THE GAME WITH SCHOOL LUNCH

### 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



"This institution is an equal opportunity provider"