



Washington Township Schools

October 2015 Lunch Menu

Healthy Meals Grow Healthy Kids!



Mac's Nutrition News

National School Lunch Week is being celebrated in October!



The meals offered in your cafeteria include a variety of fruit and vegetable choices, whole grains, fat-free or low-fat milk, and "right-sized" portions. Be sure to select all meal components to make it a complete, well-balanced lunch!

Student Lunch \$2.75

Reduced Lunch \$0.40

Adult Lunch \$3.50

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

MASCHIO'S MAIN EVENT

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



Check us out on Facebook : Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Check out our Facebook page to see what meals we are serving up this month!</p>			<p>1 Corn Dog Nuggets Mashed Potatoes Carrots Fresh or Chilled Fruit</p>	<p>2 New York Style Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>5 Dipper Day Chicken Fries Waffle Sticks Jersey Fresh Pepper Dippers Fresh or Chilled Fruit</p>	<p>6 Pasta Day with Meat Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>7 Pizza Express Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit</p>	<p>8 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>9 Half Day NO Lunch Served</p>
<p>12 Columbus Day School Closed</p>	<p>13 #tacotuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Corn Fresh or Chilled Fruit</p>	<p>14 Lucky Tray Day Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>15 #throwbackthursday Grilled Cheese Sticks Tomato Soup Veggie Dippers Fresh or Chilled Fruit</p>	<p>16 #fridayfunday Mozzarella Sticks With Marinara Sauce Garlic Bread Caesar Salad Fresh or Chilled Fruit</p>
<p>19 #meatlessmonday Mini Cheese Ravioli Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>20 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>21 Pizza Express Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>22 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>23 Warm Ham & Cheese on a Pretzle Bun Minestrone Soup Veggie Dippers Warm Apple Crisp</p>
<p>26 Crispy Chicken Nuggets Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>27 Waffles With Syrup Breakfast Sausage Hash Brown Fresh or Chilled Fruit</p>	<p>28 Pizza Express Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>29 Macaroni & Cheese Dinner Roll Broccoli Fresh or Chilled Fruit</p>	<p>30 Sabrett Hot Dog On a Bun Mashed Potato Fresh or Chilled Fruit</p>
				<p> Happy Halloween!</p>

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



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"