

# Washington Township Schools

## April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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

#### Maschio's Swap Outs

- Monday:** Cereal Bag
- Tuesday:** Mozzarella Sticks with Marinara Sauce and Dinner Roll
- Wednesday:** Hot Dog on a Bun
- Thursday:** Chicken Caesar Salad with a Dinner Roll
- Friday:** Stuffed Crust Pizza



#### Maschio's Swap Outs Available Daily

- Peanut Butter & Jelly Jamwich Meal
- Muffin Bag Meal



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>Pretzel Hot Dog</b> Battered French Fries 100% Juice Sorbet Opening Day	<b>4</b> <b>Fiesta Chicken Nacho Platter</b> with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>5</b> <b>Pizza Express</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>6</b> <b>Breakfast for Lunch</b> <b>Pancakes with</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>7</b> <b>Baked Ziti</b> Garlic Bread Green Beans Italiano Fresh or Chilled Fruit
<b>10</b> <b>Crispy Chicken Sandwich</b> Smile Fries Fresh or Chilled Fruit	<b>11</b> <b>Grilled Cheese Sandwich</b> Steamed Corn Fresh or Chilled Fruit	<b>12</b>  <b>Pizza Express</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>13</b> <b>Half Day</b> <b>No Lunch Served</b>	<b>14</b> <b>School Closed</b>
<b>17</b> <b>School Closed</b>	<b>18</b> <b>School Closed</b>	<b>19</b> <b>School Closed</b>	<b>20</b> <b>School Closed</b>	<b>21</b> <b>School Closed</b>
<b>Spring Recess! School Closed</b>				
<b>24</b> <b>Popcorn Chicken</b> Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	<b>25</b> <b>Hot Turkey &amp; Cheese Croissant</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit Earth Day	<b>26</b> <b>Pizza Express</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit <b>Heartzels Pretzels</b> National Pretzel Day	<b>27</b> <b>Breakfast for Lunch</b> <b>French Toast with</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>28</b> <b>Hamburger or Cheeseburger on a Bun</b> Smile Fries Fresh or Chilled Fruit



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](http://www.MaschioFood.com)  
 or Call Maschio's Food Services at: 908-689-1188 x608

"This institution is an equal opportunity provider"