



# Washington Township Schools

## February 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

#### February is Heart Healthy Month!

Your heart is a muscle and getting at least 60 minutes of physical activity per day is very important to keep your heart healthy and strong. To keep your heart happy, choose a variety of heart healthy options such as fruits, vegetables, whole grains, legumes, lean meats, poultry, fish, nuts, and fat free/low fat milk.

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 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

# MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Pizza Express Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>2</b> <b>Stadium Pretzel Dog</b> Smile Fries Fresh Orange Wedges  <b>Super Bowl Celebration</b>	<b>3</b> <b>Pasta Day with Meat Sauce</b> Garlic Breadstick Vegetable Medley Fresh or Chilled Fruit
<b>6</b> <b>Chicken Nuggets</b> Warm Pretzel Stick Sautéed Green Beans Fresh or Chilled Fruit	<b>7</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit	<b>8</b> <b>Pizza Express Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	<b>9</b> <b>French Toast w/ Syrup</b> Smile Fries Breakfast Sausage Fresh or Chilled Fruit	<b>10</b> <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> Spiral fries Fresh Veggie Dippers Fresh or
<b>13</b> <b>Pasta with Alfredo Sauce</b> Steamed Broccoli Fresh or Chilled Fruit	<b>14 New Item!</b> <b>Grilled Turkey and Cheese</b> Fresh Veggie Dippers Fresh or Chilled Fruit <b>Heartzel's Pretzels</b> <b>Valentine's Day</b>	<b>15</b> <b>Pizza Express Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	<b>16</b> <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	<b>17</b> <b>School Closed</b>
<b>20</b> <b>School Closed</b>  <b>Presidents' Day</b>	<b>21</b> <b>Creamy Macaroni &amp; Cheese</b> Warm Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	<b>22</b> <b>Pizza Express Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit	<b>23 New Item!</b> <b>All Beef Burger on a Bun with Choice of Toppings:</b> Lettuce, Tomato, Onion Baked fries <b>Carrot Raisin Salad</b> Fresh or Chilled Fruit  <b>NASCAR "Race to Good Nutrition"</b>	<b>24</b> <b>Lucky Tray Day!</b> <b>Roast BBQ Chicken</b> Baked Beans Broccoli Fresh or Chilled Fruit
<b>27 New Item!</b> <b>Chicken &amp; Cheese Quesadilla</b> Home-Style Veggie Tortilla Soup Fresh or Chilled Fruit <b>National Tortilla Day</b>	<b>28</b> <b>Breakfast for Lunch Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<p><b>Keep your heart happy by choosing healthy options!</b></p>		

MENU SUBJECT TO CHANGE

Our well-balanced lunches available for the week, average between **600-650 calories**, with **less than 10%**



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

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

Questions or Concerns?  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 or Call Maschio's Food Services at: 908-689-1188 x608



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