



# Washington Township Schools

## January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

**Ring in the New Year with healthy achievable goals!**

First, think about what habits you need to change to

create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

**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 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
2 <b>School Closed</b>	3 <b>Chicken Nuggets</b> Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	4 <b>Pizza Express Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	5 <b>Breakfast for Lunch Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Broccoli Fresh or Chilled Fruit
9 <b>Popcorn Chicken</b> Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	10 <b>New Item!</b> <b>Hot Turkey &amp; Cheese Melt on a Croissant Sub Roll</b> Smile Fries Fresh or Chilled Fruit	11 <b>Pizza Express Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	12 <b>Corn Dog Nuggets</b> Seasoned Potato Wedges Fresh or Chilled Fruit	13 <b>Chicken &amp; Cheese Quesadilla</b> Rice Steamed Corn Chilled or Fresh Fruit
16 <b>School Closed</b>	17 <b>Grilled Cheese Sticks with Tomato Soup</b> Fresh Cucumber Dippers Fresh or Chilled Fruit	18 <b>Pizza Express Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	19 <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20  <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit
23 <b>Chicken Fries</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	24 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	25 <b>Pizza Express Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 <b>Chinese New Year Sweet &amp; Sour Popcorn Chicken</b> Rice Steamed Broccoli Fresh or Chilled Fruit <i>Fortune Cookie</i>	27 <b>Breakfast for Lunch French Toast Sticks</b> Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit
30 <b>Hamburger or Cheeseburger on a Bun</b> BBQ Baked Beans Steamed Corn Strawberry Applesauce 	31 <b>Hot Turkey Sandwich</b> Mashed Potatoes Chilled or Fresh Fruit			



**Fresh Vegetables, 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**



 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

"This institution is an equal opportunity provider"