

Washington Township Schools

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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 \$2.85
 Reduced Lunch \$0.40
 Adult Lunch \$3.60

Maschio's Swap Outs

- Monday:** Cereal Bag
- Tuesday:** Cheeseburger on a Bun
- Wednesday:** Hot Dog on a Bun
- Thursday:** Chicken Caesar Salad with a Dinner Roll
- Friday:** Personal Pizza or Tuna Sandwich

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Jamwich Meal

Muffin Bag Meal

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

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY HOLIDAYS			1 Pizza Sticks with Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 Pizza Express New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit	7 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 Corn Dog Nuggets Vegetarian Beans Cple Slaw Fresh or Chilled Fruit
11 Chicken Tender Basket Emoji Fries Pretzel Stick Fresh or Chilled Fruit	12  Creamy Macaroni & Cheese Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	13 Pizza Express Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Country Slaw Fresh or Chilled Fruit	15 Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	20 Pizza Express Fresh Veggie Dippers Fresh or Chilled Fruit	21 First Day of Winter Waffles with Syrup Breakfast Sausage Hash Browns Chilled or Fresh Fruit	22 Half Day No Lunch Served
25	26	27	28	29
Enjoy your Winter Break & Have a Happy New Year!				

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
 or Call Maschio's Food Services at: 908-689-1188 x608



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"