

# Washington Township Schools

## June 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

June is National Dairy Month!

Dairy foods help keep our bodies healthy by providing us with nine essential nutrients such as calcium and vitamin D. Vitamin D helps our bodies absorb calcium. Did you know, our bodies can make vitamin D from exposure to sunlight! Calcium and vitamin D make our bones and teeth strong! Aim for three servings of dairy a day (milk, yogurt, or cheese). **Don't forget to select a cold low-fat milk with your lunch!**

**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:** Mozzarella Sticks with Marinara Sauce and Dinner Roll

**Wednesday:** Hot Dog on a Bun

**Thursday:** Chicken Caesar Salad with a Dinner Roll


**Friday:** Assorted Pizza

Maschio's Swap Outs Available Daily

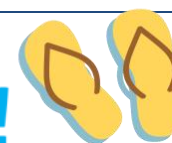
Peanut Butter & Jelly Jamwich Meal

Muffin Bag Meal

MASCHIO'S MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>FUN and SUN</b>			<b>1</b> <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Fries Fresh or Chilled Fruit	<b>2</b> <b>Brass Castle</b> <b>Hot Dog on a Bun</b> Baked Fries Fresh or Chilled Fruit <b>Port Colden</b> <b>French Toast</b> Smile Fries Breakfast Sausage Chilled or Fresh Fruit
<b>5</b> <b>Chicken Nuggets</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	<b>6</b> <b>Ham &amp; Cheese Sub</b> Veggie Dippers Fresh or Chilled Fruit	<b>7</b> <b>Pizza Express</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>8</b> <b>Grilled Cheese Sandwich</b> <b>Baked Chips</b> Steamed Vegetables Fresh or Chilled Fruit	<b>9</b> <b>Port Colden</b> <b>Hot Dog on a Bun</b> Baked Fries Fresh or Chilled Fruit <b>Brass Castle</b> <b>Baked Chicken</b> Stuffing Steamed Vegetable Chilled or Fresh Fruit
<b>12</b> <b>Chicken Dippers</b> Dinner Roll Steamed Vegetables Fresh or Chilled Fruit	<b>13</b> <b>Nacho Platter with Seasoned Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</b> Steamed Corn Fresh or Chilled Fruit	<b>14</b> <b>Pizza Express</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>15</b> <b>Hot Dog on a Bun</b> Baked Fries Fresh or Chilled Fruit	<b>16</b> <b>Last Day of Lunch</b> <b>Mozzarella Sticks with Marinara Sauce</b> Veggie Dippers Dinner Roll Fresh or Chilled Fruit
<b>19</b> <b>Early Dismissal</b>	<b>20</b> <b>Last Day of School! Early Dismissal</b>	<b>21</b>	<b>22</b>	<b>23</b>

enjoy your  
**Summer Vacation!**



**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%**

MENU SUBJECT TO CHANGE

 **Maschio's Food Services, Inc.**

"This institution is an equal opportunity provider"



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