

# Washington Township Schools

January 2018  
Lunch Menu

**NUTRITION NEWS:** It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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**

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Corn Dog Nuggets</b> Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 <b>Pizza Express</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Green Beans 100% Orange Juice Sorbet	5 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit
8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>Chicken &amp; Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, &amp; Salsa</b> Southwestern Corn Fresh or Chilled Fruit	10 <b>Pizza Express</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 <b>National Milk Day</b> <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 <b>Half Day</b>  <b>No Lunch Served</b>
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Lucky Tray Day</b> <b>SCOOP-A-BOWL</b> Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	17 <b>Pizza Express</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit	18 <b>All-Natural Beef Hot Dog on a Bun</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit
22 <b>Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Taco Tuesday</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	24 <b>Pizza Express</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	25 <b>French Toast Minis w/ Berries</b> Breakfast Ham Hash Brown Potato Fresh or Chilled Fruit	26 <b>Winter Picnic</b> <b>BBQ Pulled Pork Sandwich</b> Country Slaw Baked Beans Fresh or Chilled Fruit
29 <b>Crispy Chicken Sandwich</b> Peas & Carrots Fresh or Chilled Fruit	30 <b>Breakfast For Lunch Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 <b>Pizza Express</b> Freshly Prepared Caesar Salad Fresh or Chilled Fr		

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

2018  
**HAPPY NEW YEAR!**

MENU SUBJECT TO CHANGE  
**Maschio's**  
Food Services, Inc.

"This institution is an equal opportunity provider"