



Washington Township Schools

October 2013 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

MAC's Nutrition News

Pumpkins are not just for carving a funny or scary Jack-O-Lantern to celebrate Halloween. A pumpkin is a nutritious **orange** vegetable that tastes great! This winter squash is loaded with vitamin A, vitamin C, vitamin E, beta-carotene, potassium, iron, and fiber! Roast the seeds with olive oil & your favorite spices for a snack. Roast or sauté diced pumpkin & mix with sweet potatoes! Make pumpkin puree for dishes such as pumpkin soup, pumpkin parfait, muffins & more!



Student Lunch \$2.60
 Reduced Lunch \$0.40
 Adult Lunch \$3.30

All Meals Served with:
 Vegetable of the Day and 1 selection from Mac's Veggie Patch, Fruit of the Day & Low Fat Milk Choice

Maschio's Swap Outs

Monday: Cereal Bag
 Tuesday: Grilled Chicken Caesar Salad w/ Dinner Roll
 Wednesday: Taco Salad w/ Dinner Roll
 Thursday: Buffalo Chicken Salad w/ Dinner Roll
 Friday: Tuna Salad Sandwich

Swap Outs' Available Daily

Yogurt Bag
 Fruit & Cheese Platter w/ Pita



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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

 Mac Maschio says... Healthy Meals Grow Healthy Kids!	1 Italian Style Meatballs in a Bread Bowl Cucumber Salad Chilled Fruit	2 RIP'S SLUSHIE DAY Hot Open Faced Turkey Sandwich Cranberry Sauce Green Beans 100% Fruit Juice Slushie	3 French Toast Sticks w/ Syrup Sausage Patty Hash Browns Chilled Fruit	4 French Bread Cheese Pizza Romaine Salad Chilled Fruit
7 Breaded Chicken Sandwich Sweet Potato Fries Chilled Fruit	8 Lucky Tray Day Grilled Ham & Cheese on a Pretzel Bun w/ Tomato Soup Pepper Strips w/ Dip Chilled Fruit	9 Pasta w/ Meat Sauce Spring Mix Salad Chilled Fruit	10 Twin Tacos w/ Meat, Lettuce, Tomatoes, Cheese & Salsa Seasoned Rice Corn Chilled Fruit	11 Early Dismissal No Lunch Served
14 Happy Columbus Day 	15 California Hamburger or Cheeseburger on a Bun w/ Lettuce & Tomatoes Potato Wedges Chilled Fruit	16 Vegetarian Day Cheesy Pasta Pockets w/ Marinara Sauce Bread Stick Romaine Salad Chilled Fruit	17 Nacho Platter w/ Meat, Lettuce, Tomatoes & Cheese Southwestern Corn Rice & Beans Chilled Fruit	18 New York Style Pizza Tomato & Cucumber Salad Chilled Fruit
21 Chicken Tenders Dinner Roll Sweet Potato Tots Chilled Fruit	22 Waffle Sticks w/ Syrup Sausage Patties Hash Browns Chilled Fruit	23 Pasta w/ Meatballs Tossed Salad Chilled Fruit	24 Chicken & Cheese Quesadilla w/ Salsa, Lettuce & Tomatoes Corn Chilled Fruit	25 Pizza Sticks w/ Marinara Sauce Caesar Salad Chilled Fruit
28 Chicken Nuggets Dinner Roll Mashed Potatoes Golden Corn Chilled Fruit	29 Hot Dog on a Bun Baked Beans Cole Slaw Chilled Fruit	30 Mac & Cheese Mini Corn Muffin Broccoli Chilled Fruit	31 Happy Halloween "Monster"ous Meatball Hero Ghoulish Green Beans Chiller Fruit Cup	Nov 1st Personal Pan Pizza Romaine Salad Chilled Fruit

MASCHIO'S MAIN EVENT

SCHOOL LUNCH ACROSS THE USA

MAC'S VEGGIE PATCH
CARROT STICKS,
FEATURED BEAN SALAD,
OR SALAD CUP

FRUIT OF THE MONTH:



VEGETABLE OF THE MONTH:



MENU SUBJECT TO CHANGE

All Meals Options Served with Choice of Flavored Fat
 Free Milk or Unflavored 1% Milk/
 Fat Free Milk



rBST-free

Lunch Tickets are available in the cafeteria:
 10 for \$2.60 / 20 for \$52.00

Please Make Checks Payable To: Washington Township School

Maschio's Food Services, Inc.
 "This institution is an equal opportunity provider"