Washington Township Schools

June 2016 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: 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
		1 **Pizza Express Pizza** Garden Salad Fresh or Chilled Fruit National Dairy Month	2 **Chicken Special Nuggets, Tenders Popcorn** Dinner Roll Baked Fries Fresh or Chilled Fruit	3 BRASS CASTLE FIELD DAY **Hot Dog On A Bun** Tater Tots Fresh or Chilled Fruit PORT COLDEN **Lasagna Roll With Marinara** Dinner Roll Green Beans Chilled or Fresh Fruit
6 **Hamburger or Cheeseburger on a Bun** Corn Fresh or Chilled Fruit Lucky Tray Day	7 **Pasta W/ Meat Sauce** Dinner Roll Green Beans Fresh or Chilled Fruit	8 **Pizza Express Pizza** Caesar Salad Fresh or Chilled Fruit	9 **Chicken & Cheese Quesadil-la** Rice & Beans Hot Vegetable Fresh or Chilled Fruit	10 PORT COLDEN FIELD DAY **Hot Dog On A Bun** Tater Tots Fresh or Chilled Frui BRASS Castle **Bbq Chicken** Potato Wedges Hot Vegetable Chilled or Fresh Fruit
13 **Grilled Cheese Sandwich** Tomato Soup Veggie Dippers Fresh or Chilled Fruit	14 **Sloppy Joe on a Bun** Potato Wdges Fresh or Chilled Fruit	15 **Pizza Express Pizza** Cucumber Salad Fresh or Chilled Fruit Customer Appreciation Day	16 **Early Dismissal No Lunch Served**	17 **Last Day of School!** **Early Dismissal No Lunch Served**

enjoy your **Summer Vacation!**

Mac's Veggie Patch

Carrot Sticks, 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

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