



# WHITE TWP SCHOOL

## MARCH 2013 Lunch Menu

"Healthy Meals Grow Healthy Kids!"

March is **National Nutrition Month!**  
Here are some easy ways to  
"Eat Right, Your Way, Every Day" :

- Make half your plate fruits and vegetables!
- Make at least half your grains whole!
  - Choose fat free or low-fat milk!
  - Vary your protein choices!



Student Lunch \$2.60  
Reduced Lunch \$0.40  
Adult Lunch \$3.60

**All Meals Served with:**  
Vegetable of the Day  
and 1 selection from  
Mac's Veggie Patch,

### Maschio's Swap Outs

All Swap Out Meals come with Vegetable of the Day, Selection from Mac's Veggie Patch,  
Fruit of the Day & Low Fat Milk Choice

Monday: Grilled Chicken Caesar Salad Wrap  
Tuesday: Turkey & Cheese on a Whole Wheat Mini Kaiser Roll  
Wednesday: Ham & Cheese on Whole Wheat Bread  
Thursday: Crispy Chicken Salad w/ Whole Wheat Roll  
Friday: Tuna Salad Wrap

Swap Outs' Available Daily:  
Low Fat Yogurt Meal w/ Graham Crackers  
Salad Bar ( Grades 3-8)

**MASCHIO'S MAIN EVENT**

### MAG'S VEGGIE PATCH

**CARROT STICKS  
OR  
SALAD CUP**

MENU SUBJECT TO CHANGE

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>VEGETABLE OF THE MONTH</b> <b>CELERY</b></p> 	<p><b>FRUIT OF THE MONTH</b> <b>PEARS</b></p> 	<p><b>NUTRITION MONTH</b> <b>MARCH</b></p> 		<p><b>1 DR. SUESS</b> Rosatto's Pizza Suessical Salad Fox in Sox Fruit</p>
<p><b>4</b> Cheeseburger on a Bun Tater tots Celery Sticks Chilled Fruit</p>	<p><b>5</b> Breaded Chicken Sandwich Oven Baked Fries Chilled Fruit</p>	<p><b>6</b> Twin Tacos w/ Meat Lettuce, Tomato Rice, Corn Chilled Fruit</p>	<p><b>7</b> Grilled Cheese Tomato Soup Carrots Sticks Chilled Fruit</p>	<p><b>8</b> Pizza Tossed Salad Chilled Fruit</p> 
<p><b>11 JOHNNY APPLESEED DAY</b> Meatball Sub Sweet Tots Chilled Fruit Fresh Apple</p>	<p><b>12</b> Mini Pancakes w/ Sausage Hash Brown Chilled Fruit</p>	<p><b>13</b> BBQ Chicken Buttered Noodles Sliced Carrots Chilled Fruit</p>	<p><b>14</b> Nachos w/ Meat Tomato, Cheese, Corn, Sour Cream Chilled Fruit</p>	<p><b>15</b> Rosatto's Pizza Caesar Salad Chilled Fruit</p> 
<p><b>18</b> Chicken Tenders Dinner Roll Mashed Potatoes Chilled Fruit Fresh Pear</p>	<p><b>19</b> Ham &amp; Cheese Melt on a Pretzel Bun Tomato Soup Vegetable Dippers Chilled Fruit</p>	<p><b>20 FIRST DAY OF SPRING</b> Chicken Fajita Wrap Seasoned Rice Broccoli Chilled Fruit</p>	<p><b>21</b> Mini Waffles w/ Sausage Hash Brown Chilled Fruit Bananas</p>	<p><b>22</b> Pizza Garden Salad Chilled Fruit</p>
<p><b>25</b> Mozzarella Sticks w/ Sauce &amp; Roll Caesar Salad Chilled Fruit</p>	<p><b>26</b> Chicken Nuggets Biscuit, Mashed Potato, Gravy Chilled Fruit</p>	<p><b>27</b> French Toast Sticks w/ Sausage Sweet Tots Chilled Fruit</p>	<p><b>28</b> Rosatto's Pizza Roasted Vegetables Chilled Fruit</p>	<p><b>29</b> <b>SCHOOL CLOSED</b></p>



Our well-balanced lunches available for the week, average between 550-650 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 Your School (908) 475-4773

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

Prepaid Meals are available in the cafeteria: 10 for \$26.00/ 20 for \$52.00  
**Please Make Checks Payable To:**  
**WHITE TWP. SCHOOL**