## **March 2019**

## **Washington Township Middle Schools**





Available Daily: Assorted Hoagies Assorted Wraps Assorted Salads

Chicken Patty Sandwich (Regular or Spicy)



Lunch Price: \$3.50 Paid, \$.40 Reduced

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday	Tuesday	Wednesday	Thursday	Friday
	• C			"PIZZA BOX PIZZA" Romaine Salad Pears  Milk Choice
Chicken Quesadillas Corn Pears  Milk Choice	Meatball Sandwich Carrots Mixed Fruit Cup Milk Choice	Chicken Tenders Peas Pears Milk Choice	Tacos Refried Beans Apple Sauce Milk Choice	Assorted Pizza Broccoli Mixed Fruit Milk Choice
Pizza Crunchers Celery Sticks Peaches Milk Choice	Stuffed Shells w/Meat Sauce and Breadstick Romaine Salad Pears Milk Choice	Macaroni and Cheese Carrots Apple Sauce Milk Choice	Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Cranberry Sauce Milk Choice	Assorted Pizza Spinach Mixed Fruit Milk Choice
Cheeseburger Tater Tots Mixed Fruit Milk Choice	Grilled Cheese Tomato Soup Apple Sauce Milk Choice	Mini Pizza Bagels Peas Pears Milk Choice	Tacos Black Beans and Rice Apple Slices Milk Choice	"PIZZA BOX PIZZA" Romaine Salad Pears  Milk Choice
Cheesey Breadsticks with Sauce Romaine Salad Mixed Fruit Milk Choice	Egg McMuffin Sandwich Hash Browns Peaches Milk Choice	Mozzarella Sticks Carrots Pears Milk Choice	Popcorn Chicken Green Beans Mixed Fruit Milk Choice	Pizza Broccoli Apple Sauce Milk Choice