



# Garfield Auxiliary MS/HS

January 2017  
Lunch Menu

Student Lunch \$2.80

Reduced Lunch \$0.40

Adult Lunch \$4.50

**All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice**  
Breakfast Offered Daily

## Deli Central

**Assorted Sandwiches and Salads with a Roll**

## Harvest Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



Check us out on Facebook: *Maschio's Food Services, Inc.*

### Questions or Concerns?

Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-340-5010 ext 2129

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit</p>	<p>3 <b>Chicken Nuggets</b> Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit</p>	<p>4 <b>National Spaghetti Day</b> <b>Spaghetti Bar</b> with choice of <b>Meat Sauce, Alfredo Sauce, or Meatballs with Marinara Sauce</b> Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit</p>	<p>5 <b>Breakfast for Lunch</b> <b>Deli-Style Breakfast Sandwich with Bacon, Egg, Cheese, and a Hash Brown on a Roll</b> Hash Brown Patty Fresh or Chilled Fruit</p>	<p>6 <b>Mini Pizza Bagels</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>9 <b>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy</b> Dinner Roll Fresh or Chilled Fruit</p>	<p>10 <b>New Item!</b> <b>Hot Turkey &amp; Cheese Melt on a Croissant Sub Roll</b> Smile Fries Fresh or Chilled Fruit</p>	<p>11 <b>Chicken Soft Corn Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>12 <b>Sloppy Joe on a Roll</b> Sweet Potato Fries Steamed Corn Fresh or Chilled Fruit</p>	<p>13 <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> <b>Pasta Marinara</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>16 <b>School Closed</b>  <b>Martin Luther King, Jr. Day</b></p>	<p>17 <b>Ham &amp; Cheese Melt on a Pretzel Bun</b> Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>18 <b>SCOOP-A-BOWL</b> Taco meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa Tostitos SCOOPS!<sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>19 <b>Buffalo Chicken or Traditional Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p>	<p>20 <b>New Item!</b> <b>Primavera Garlic French Bread Pizza with Marinara Dipping Sauce</b> Fresh Cucumber Dippers Fresh or Chilled Fruit</p>
<p>23 <b>Popcorn Chicken</b> Dinner Roll Steamed Green Beans Fresh or Chilled Fruit</p>	<p>24 <b>Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit</p>	<p>25 <b>Chicken Tenders with Warm Waffle &amp; Syrup</b> Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>26 <b>Pasta Day</b> <b>with Meat Sauce</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit</p>	<p>27 <b>New Items!</b> <b>Chinese New Year Beef or Chicken Lo Mein</b> <b>Vegetable Egg Roll</b> Fresh or Chilled Fruit Fortune Cookie</p>
<p>30 <b>Chicken Fajita Wrap</b> Black Bean &amp; Corn Salad Fresh or Chilled Fruit</p>	<p>31 <b>Winter Picnic Rodeo Burger on a Bun with BBQ Sauce &amp; Onion Rings</b> Baked Beans Country Slaw Strawberry Applesauce Fresh or Chilled Fruit</p>	<p><b>2017 Happy New Year!</b></p>		

MENU SUBJECT TO CHANGE

Breakfast Offered Daily

Prepaid meals are available by setting up an account for your child at [www.payforit.net](http://www.payforit.net)

**Please Make Checks Payable To:** Garfield Board of Ed.



"This institution is an equal opportunity provider"