



# Garfield High School

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

**8:00-8:30**

**Fast & Fresh**

**Made-to-Order Specialty Sandwiches and Salads with a Roll**

**Great Grillers**

**Cheeseburger or Hamburger on a Bun  
Grilled Chicken on a Bun**

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

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"