



Garfield High School

January 2018
Lunch Menu

Student Lunch \$2.90 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

Great Grillers

**Cheeseburger or Hamburger on a Bun
Grilled Chicken on a Bun**
Served with French Fries

Deli Central Pre-Order

Made-to-Order Sandwiches and Salad Meals can be **Pre-Ordered** every morning in the Cafeteria from **8:00 am – 8:30 am**

Deli Central

Assorted Sandwiches and Salad Meals

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!**



Connect with us!



Questions or Concerns?

Please visit www.maschiofood.com or call Maschio's Food Services at: 973-340-5010 ext 2129

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

1 New Year's Day School Closed	2 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit	3 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti Bar Choice of Meatballs & Marinara, Meat Sauce, or Alfredo Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet Fresh or Chilled Fruit	5 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Ham & Cheese Melt on a Pretzel Bun Green Beans Oven Baked Fries Fresh or Chilled Fruit	9 New Recipe! Bacon, Chicken, and Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	11 National Milk Day Buffalo Chicken or Creamy Mac & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 New Recipe! Chicken Fajita Fries Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit	17 Pizza Burger on a Bun with Mozzarella Cheese & Marinara Sauce Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 Hot Open-Faced Turkey Sandwich with Gravy Mashed Potatoes Green Beans Fresh or Chilled Fruit	19 New Item! Rich's Pizza Crunchers with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Grilled Ham & Cheese Melt on a Pretzel Bun Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken & Cheddar Cheese Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 California Burger on a Bun Oven Baked Fries Vegetable Medley Fresh or Chilled Fruit	26 Personal Pan Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 New Recipe! Plain or Buffalo Chicken Cheesesteak Hero Spiral Fries	30 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	31 Pasta Alfredo with Chicken and Broccoli Garlic Bread 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

Please Make Checks Payable To:
Garfield Board of Ed.



"This institution is an equal opportunity provider"