

Garfield Pre K School

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch \$2.85
 Reduced Lunch \$0.40
 Adult Lunch \$4.25

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	3 Grilled Cheese Sandwich Tater Tots Fresh or Chilled Fruit	4 Hot Dog on a Bun Oven Baked Fries Fresh or Chilled Fruit	5 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
8 Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	9 Breakfast for Lunch Pancake & Cheese Omelet Fresh Veggie Pack Fresh or Chilled Fruit	10 Breaded Chicken Patty on a Bun Green Beans Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Pizza Black Bean & Corn Salad 100% Juice Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Lucky Tray Day Mini Chicken Corn Dog Mixed Vegetables Fresh or Chilled Fruit	17 Mini Cheese Ravioli Dinner Roll Corn Fresh or Chilled Fruit	18 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 Mini Pizza Bagel Three Bean Salad 100% Juice Fresh or Chilled Fruit
22 Chicken Tender Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	24 Chicken Meatball Dinner Roll Mashed Potatoes Steamed Mushroom Fresh or Chilled Fruit	25 Mini Cheese Calzone With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
29 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	30 Pasta with Meat Sauce Vegetable Medley Fresh or Chilled Fruit	31 Breakfast for Lunch Pancake & Cheese Omelet Fresh Veggie Pack Fresh or Chilled Fruit		

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 or call Maschio's Food Services at: 973-340-5010

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

HAPPY NEW YEAR!

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"

Maschio's Swap Outs Available Daily

1. Hot Meal
2. Ham and Cheese Sandwich
3. Cheese Sandwich

Connect with us!   



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