



Garfield High School

March 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



Happy Spring!



5 **Roast Turkey with Gravy**
Dinner Roll
Mashed Potatoes
Steamed Mixed Vegetables
Fresh or Chilled Fruit

6 **Breakfast for Lunch**
New Recipe!
Egg & Turkey Chorizo Burrito
Hash Browns
Fresh or Chilled Fruit

7 **BBQ Grilled Chicken on a Bone & a Dinner Roll**
Oven Baked Fries
Baked Beans
Fresh or Chilled Fruit

1 **Buffalo Chicken Dip with Soft Pretzel Sticks**
Fresh Celery Sticks with Dip
Tater Tots
Fresh or Chilled Fruit

2 **Twisted Cheesy Breadsticks with Marinara Sauce**
Pasta Marinara
Freshly Prepared Garden Salad
Fresh or Chilled Fruit

8 **Breakfast for Lunch**
New Recipe!
Ham, Egg, & Cheese Melt on a Croissant Sub Roll
Battered French Fries
Fresh or Chilled Fruit

9 **French Bread Pizza**
Freshly Prepared Italian House Salad
Fresh or Chilled Fruit

SCHOOL BREAKFAST

National School Breakfast Week

12 **New Recipe!**
Crispy Chicken on a Biscuit with Maple Sriracha Sauce
Sweet Potato Fries
Fresh or Chilled Fruit

13 **Taco Tuesday**
Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
Rice
Steamed Corn
Fresh or Chilled Fruit

14 **Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy**
Dinner Roll
Fresh or Chilled Fruit

15 **Buffalo Chicken Fajita**
Dinner Roll
Steamed Broccoli
Fresh or Chilled Fruit

16 **New Recipe!**
Bella's Pizza
New York Style
Freshly Prepared Caesar Salad
Gelatin Fruit Cups
Fresh or Chilled Fruit

19 **Crispy Bacon Chicken Swiss Sandwich**
Emoji Fries
Fresh or Chilled Fruit

20 **Rodeo Burger on a Bun with Onion Rings & BBQ Sauce**
Sweet Potato Tots
Fresh or Chilled Fruit

21 **Meatball Parm Hero**
Vegetable Medley
Fresh or Chilled Fruit

22 **New Recipe!**
General Tso's Popcorn Chicken
Lettuce Wraps with Asian Slaw
Steamed Rice
Fresh or Chilled Fruit

23 **Mini Cheese Calzones with Marinara Sauce**
Freshly Prepared Cucumber & Tomato Salad
Fresh or Chilled Fruit

26 **Meatless Monday**
New Recipe!
Cheese Lasagna Rollup with Marinara Sauce
Warm Breadstick
Broccoli Italiano
Fresh or Chilled Fruit

27 **SCOOP-A-BOWL**
Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa
Tostitos SCOOPS!
Tortilla Chips
Steamed Corn
Fresh or Chilled Fruit

28 **Roast Turkey with Gravy**
Dinner Roll
Mashed Potatoes
Steamed Carrots
Fresh or Chilled Fruit

29 **Half Day**
New Recipe!
Plain or Spicy Chicken Nugget Basket
Dinner Roll
Potato Wedges
Fresh or Chilled Fruit

30 **School Closed**

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"