



# Garfield Pre K School

March 2018  
Lunch Menu

- NUTRITION NEWS: Celebrate National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:
- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
  - Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
  - Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

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

## Maschio's Swap Outs Available Daily

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		<b>1</b> Breakfast for Lunch Green Eggs & Ham Pancake Fresh Veggie Pack Fresh or Chilled Fruit	<b>2</b> Mini Pizza Bagel Three Bean Salad 100% Juice Fresh or Chilled Fruit  <i>Dr. Seuss' Birthday Read Across America</i>
<b>5</b> Breaded Chicken Patty on a Bun Green Beans Fresh or Chilled Fruit	<b>6</b> Popcorn Chicken Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>7</b> Hot Dog on a Bun Oven Baked Fries Fresh or Chilled Fruit	<b>8</b> Chicken Meatball Dinner Roll Mashed Potatoes Steamed Mushroom Fresh or Chilled Fruit	<b>9</b> Pizza Black Bean & Corn Salad 100% Juice Fresh or Chilled Fruit
	SCHOOL BREAKFAST	National School Breakfast Week		
<b>12</b> Meatless Monday Mini Cheese Calzone With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>13</b> Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	<b>14</b> Pasta with Meat Sauce Vegetable Medley Fresh or Chilled Fruit	<b>15</b> Mini Chicken Corn Dog Mixed Vegetables Fresh or Chilled Fruit	<b>16</b> Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
<b>19</b> Chicken Tender Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>20</b> Spring Picnic Hot Dog on a Bun Oven Baked Fries Fresh or Chilled Fruit <i>1st Day of Spring</i>	<b>21</b> Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	<b>22</b> Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit	<b>23</b> Pizza Black Bean & Corn Salad 100% Juice Fresh or Chilled Fruit
<b>26</b> Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	<b>27</b> Breaded Chicken Patty on a Bun Green Beans Fresh or Chilled Fruit	<b>28</b> Mini Cheese Calzone With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	<b>29</b> Mini Pizza Bagel Three Bean Salad 100% Juice Fresh or Chilled Fruit	<b>30</b> <b>School Closed</b>

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](http://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](http://www.payforit.net)

Please Make Checks Payable To: Garfield Board of Ed



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"