



# Garfield Middle School

May 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

**Fast & Fresh**

**8:00-8:30**

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

**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 **600-700 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>1</b> <b>Crispy Chicken BLT on a Roll</b> French Fries Fresh or Chilled Fruit	<b>2</b> <b>Macaroni and Cheese</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>3</b> <b>New Item!</b> <b>Wafflelicious Wednesday</b> <b>Waffles with Warm Berry Compote</b> Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit	<b>4</b> <b>STAR WARS DAY</b> <b>Grilled Cheese and Ham Solo Sandwich</b> Vader Tater Tots Galaxy Swirl Sorbet	<b>5</b> <b>New Items!</b> <b>CINCO DE MAYO!</b> <b>Pizza Cheese Quesadilla</b> Southwestern Corn Fresh or Chilled Fruit Warm Cinnamon Churro <b>School Lunch Hero Day</b>
<b>8</b> <b>China</b> <b>General Tso's Chicken over Rice</b> Broccoli Mandarin Oranges	<b>9</b> <b>Mexico</b> <b>Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</b> Steamed Rice Steamed Corn Fresh or Chilled Fruit	<b>10</b> <b>Germany</b> <b>All Beef Frankfurter on a Bun</b> Potato Wedges Applesauce	<b>11</b> <b>America</b> <b>BBQ Chicken</b> Veggie Pasta Salad Dinner Roll Sweet Potato Crinkle Fries Fresh or Chilled Fruit <b>National BBQ Month</b>	<b>12</b> <b>Italy</b> <b>Mini Cheese or Pepperoni Calzones with Marinara Sauce</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>15</b> <b>Plain or Spicy Chicken Tender Basket</b> Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	<b>16</b> <b>Chicken Fajita Pita</b> Fresh Veggie Dippers Fresh or Chilled Fruit	<b>17</b> <b>Meatball Parm Sub</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	<b>18</b> <b>Roast Chicken</b> Dinner Roll Oven Baked Fries Three Bean Salad Fresh or Chilled Fruit	<b>19</b> <b>Mini Cheese Pizza Bagels</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>22</b> <b>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy</b> Dinner Roll Fresh or Chilled Fruit	<b>23</b> <b>Baked Ziti</b> Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	<b>24</b> <b>SCOOP-A-BOWL</b> <b>with Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa</b> Tostitos SCOOPS® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>25</b> <b>BBQ Roast Chicken</b> Veggie Pasta Salad Dinner Roll Sweet Potato Crinkle Fries Fresh or Chilled Fruit <b>National BBQ Month</b>	<b>26</b> <b>Twisted Cheesy Breadsticks with Marinara Sauce</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>29</b> <b>Memorial Day</b> <b>School Closed</b> 	<b>30</b> <b>Cheesesteak Sandwich with Peppers and Onions</b> Battered French Fries Fresh or Chilled Fruit	<b>31</b> <b>BBQ Roast Chicken</b> Dinner Roll Oven Baked Fries Three Bean Salad Fresh or Chilled Fruit	<b>Celebrate World Food Week!</b> <b>May 8th-12th</b>	

MENU SUBJECT TO CHANGE

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

Breakfast Offered Daily

**Maschio's Food Services, Inc.**  
"This institution is an equal opportunity provider"