



Garfield Elementary Schools

May 2018 Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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

- Monday:** Italian Sub
- Tuesday:** Ham and Cheese Sandwich
- Wednesday:** Cheese Sandwich
- Thursday:** Turkey Ranchero Wrap
- Friday:** Tuna Salad Sandwich





Maschio's Swap Outs Available Daily

- Vegetarian Burger on a Bun
- Fruit & Cheese Platter with Pita Wedges
- Bagel Bag Meal
- Muffin Bag Meal
- Cereal Bag Meal

Connect with us!    Breakfast Offered Daily



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit	2 Popcorn Chicken Soft Pretzel Stick Fresh Celery Dippers Fresh or Chilled Fruit	3  Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4  Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit
	National Hamburger Month			School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	10 Chicken Fajita with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 California Burger on a Bun Vegetable Medley Fresh or Chilled Fruit	16  Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
Vegetarian Awareness Week				
21 Sweet & Sour Popcorn Chicken with Rice Broccoli Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Hot Open Faced Turkey Sandwich French Fries Fresh or Chilled Fruit	25 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28  Memorial Day School Closed	29 Pasta with Meat Sauce Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce	30 Grilled Cheese Sandwich Wedges Sticks Steamed Broccoli Fresh or Chilled Fruit	31 Hamburger or Cheeseburger on a Bun Potato Wedges 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 ext 2129

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"