



Garfield High School

May 2018

Lunch Menu

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

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



	1 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce Confetti Fries Fresh or Chilled Fruit National Hamburger Month	2 Hot Open-Faced Turkey Sandwich with Gravy French Fries Green Beans Fresh or Chilled Fruit	3 CINCO DE MAYO Celebration Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Lightsaber Pizza Dippers with Pasta Marinara Chewbacca Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day
7 Chicken Patty on a Bun Tater Tots Fresh or Chilled Fruit	8 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	10 General Tso's Popcorn Chicken 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 Three Cheese Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Cheese Lasagna Rollup with Marinara Sauce Garlic Bread Broccoli Italiano Fresh or Chilled Fruit	16 Herb Roasted Chicken Dinner Roll Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit	17 Bacon, Chicken & Cheese Quesadilla with Salsa Black Bean & Corn Salad Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	22 Firecracker Burger on a Bun with Boom Boom Sauce Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Pasta Bar with choice of Meatballs & Marinara Sauce, Meat Sauce, or Alfredo Sauce Dinner Roll Freshly Prepared Garden Salad Fresh or Chilled Fruit	24 Breakfast for Lunch Bacon, Egg & Cheese on a Croissant Hash Browns Fresh or Chilled Fruit National Egg Month	25 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 Memorial Day School Closed	29 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit	30 New Recipe! Turkey & Cheese Panini with Chipotle Mayo Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Chicken Fajita with Rice Steamed Broccoli Fresh or Chilled Fruit	

Vegetarian Awareness Week

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"