



Garfield Middle 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



	<p>1 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce Confetti Fries Fresh or Chilled Fruit</p> <p>National Hamburger Month</p>	<p>2 Hot Open-Faced Turkey Sandwich with Gravy French Fries Green Beans Fresh or Chilled Fruit</p>	<p>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</p>	<p>4 STAR WARS DAY Lightsaber Pizza Dippers with Pasta Marinara Chewbacca Cucumber Coins Fresh or Chilled Fruit</p> <p>School Lunch Hero Day</p>
<p>7 Chicken Patty on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>8 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>9 Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit</p>	<p>10 General Tso's Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>	<p>11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit</p>
<p>14 Meatless Monday Three Cheese Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit</p>	<p>15 Cheese Lasagna Rollup with Marinara Sauce Garlic Bread Broccoli Italiano Fresh or Chilled Fruit</p>	<p>16 Herb Roasted Chicken Dinner Roll Mashed Potatoes with Gravy Green Beans Fresh or Chilled Fruit</p>	<p>17 Bacon, Chicken & Cheese Quesadilla with Salsa Black Bean & Corn Salad Fresh or Chilled Fruit National Salsa Month</p>	<p>18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>21 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>22 Firecracker Burger on a Bun with Boom Boom Sauce Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month</p>	<p>23 Pasta Bar with choice of Meatballs & Marinara Sauce, Meat Sauce, or Alfredo Sauce Dinner Roll Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>24 Breakfast for Lunch Bacon, Egg & Cheese on a Croissant Hash Browns Fresh or Chilled Fruit National Egg Month</p>	<p>25 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>28 Memorial Day  School Closed</p>	<p>29 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit</p>	<p>30 New Recipe! Turkey & Cheese Panini with Chipotle Mayo Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>31 Chicken Fajita with Rice Steamed Broccoli Fresh or Chilled Fruit</p>	

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"