



Garfield Pre School

May 2018 Lunch Menu

Healthy Meals Grow Healthy Kids!

Mac's Nutrition News

Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, Portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

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 MAIN EVENT

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	2 Mini Chicken Corn Dog Mixed Vegetables Fresh or Chilled Fruit	3 Chicken Meatball Dinner Roll Mashed Potatoes Steamed Mushroom Fresh or Chilled Fruit	4 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
7 Mini Cheese Calzone With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	8 Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	9 Mini Cheese Ravioli Dinner Roll Corn Fresh or Chilled Fruit	10 Chicken Tender Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	11 Mini Pizza Bagels Three Bean Salad 100% Juice Fresh or Chilled Fruit
14 Hot Dog on a Bun Oven Baked Fries Fresh or Chilled Fruit	15 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	16 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	17 Breakfast for Lunch Pancake & Cheese Omelet Fresh Veggie Pack Fresh or Chilled Fruit	18 Pizza Fresh Veggie Pack 100% Juice Fresh or Chilled Fruit
21 Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	22 Breaded Chicken Patty on a Bun Green Beans Fresh or Chilled Fruit	23 Grilled Cheese Sandwich Tater Tots Fresh or Chilled Fruit	24 Pasta with Meat Sauce Vegetable Medley Fresh or Chilled Fruit	25 Mini Pizza Bagels Three Bean Salad 100% Juice Fresh or Chilled Fruit
28 Memorial Day School Closed 	29 Mini Cheese Calzone With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	30 All-Natural Beef Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	31 Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli 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!

MENU SUBJECT TO CHANGE
BREAKFAST OFFERED DAILY

Questions or Concerns? Please Visit www.MaschioFood.com
 Or Call Maschio's Food Services at: 973-340-5010

Prepaid meals are available in the cafeteria:

Please Make Checks Payable To: Garfield Board of Ed



"This institution is an equal opportunity provider"

Maschio's Swap Outs Available Daily

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



Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily



Check us out on Facebook : [Maschio's Food Services, Inc.](https://www.facebook.com/MaschioFoodServices)