



Garfield Middle School

January 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
Or Call Maschio's Food Services at: (973)340-5010 ext 2129

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger or Cheeseburger on a Bun Oven Baked Potato Fresh or Chilled Fruit	3 Chicken Nuggets Soft Pretzel Stick Battered French Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Spinach Fresh or Chilled Fruit	5 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	6 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	10 New Item! Hot Turkey & Cheese Melt on a Croissant Sub Roll Smile Fries Fresh or Chilled Fruit	11 Chicken Soft Corn Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Rice Corn Fresh or Chilled Fruit	12 Sloppy Joe on a Roll Sweet Potato Fries Steamed Corn Fresh or Chilled Fruit	13 Twisted Cheesy Breadsticks with Marinara Sauce Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
16 School Closed Martin Luther King, Jr. Day	17 Ham & Cheese Melt on a Pretzel Bun Sweet Potato Fries Fresh or Chilled Fruit	18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 Buffalo Chicken or Traditional Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	20 New Item! Primavera Garlic French Bread Pizza with Marinara Dipping Sauce Fresh Cucumber Dippers Fresh or Chilled Fruit
23 Popcorn Chicken Dinner Roll Steamed Green Beans Fresh or Chilled Fruit	24 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	25 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	26 Pasta Day with Meat Sauce Garlic Bread Sautéed Spinach Fresh or Chilled Fruit	27 New Items! Chinese New Year Beef or Chicken Lo Mein Vegetable Egg Roll Fresh or Chilled Fruit Fortune Cookie
30 Chicken Fajita Wrap Black Bean & Corn Salad Fresh or Chilled Fruit	31 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Baked Beans Country Slaw Strawberry Applesauce 			

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"