



Auxiliary High School

November 2017

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>Try to fill at least half your plate with fruits and vegetables!</p>		1	The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit	2	New Recipe! National Sandwich Day Caprese Panini with Tomato, Mozzarella, & Basil Freshly Prepared Garden Salad Fresh or Chilled Fruit	3	Stuffed Crust Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit		
		6	New Recipe! Buffalo Chicken Dip Pretzel Bites Celery Sticks Fresh or Chilled Fruit	7	School Closed	8	Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	9	School Closed
13	New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit	14	Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	15	Hamburger or Cheeseburger on a Bun Mashed Potatoes Peas and Carrots Gelatin Fruit Cup Fresh or Chilled Fruit	16	New Recipe! Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, & Cranberry Sauce Pumpkin Swirl Roll Fresh or Chilled Fruit	17	Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20	Breakfast for Lunch Bacon, Egg, & Cheese on an English Muffin Hash Browns Fresh or Chilled Fruit	21	BBQ Roasted Chicken Veggie Pasta Salad Dinner Roll Sweet Potato Crinkle Fries Fresh or Chilled Fruit	22	Half Day Buffalo Chicken Mac & Cheese Soft Pretzel Stick Peas & Carrots Fresh or Chilled Fruit	23	School Closed Happy Thanksgiving!	24	
27	Chicken Tenders with Dipping Sauces Dinner Roll Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	28	Rodeo Burger on a Bun with Onion Rings & BBQ Sauce Sweet Potato Crinkle Fries Fresh or Chilled Fruit	29	Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit	30	Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit Warm Pear Crisp		

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"