



# Garfield High School

November 2017  
Lunch Menu

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](http://www.maschiofood.com) or call Maschio's Food Services at: 973-340-5010 ext 2129

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Try to fill at least half your plate with fruits and vegetables!</b></p>		<p><b>1</b> The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit</p>	<p><b>2</b> <b>New Recipe! National Sandwich Day</b> Caprese Panini with Tomato, Mozzarella, &amp; Basil Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p><b>3</b> Stuffed Crust Cheese Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p><b>6</b> <b>New Recipe! Buffalo Chicken Dip</b> Pretzel Bites Celery Sticks Fresh or Chilled Fruit</p>	<p><b>7</b> <b>School Closed</b></p>	<p><b>8</b> Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p><b>9</b> <b>School Closed</b></p>	<p><b>10</b> <b>School Closed</b></p>
<p><b>13</b> <b>New Recipe! Rodeo Chicken Sandwich with BBQ Sauce &amp; Onion Rings</b> Sweet Potato Fries Fresh or Chilled Fruit</p>	<p><b>14</b> <b>Taco Tuesday</b> Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p><b>15</b> Hamburger or Cheeseburger on a Bun Mashed Potatoes Peas and Carrots Fresh or Chilled Fruit</p>	<p><b>16</b> <b>New Recipe! Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, &amp; Cranberry Sauce</b> Pumpkin Swirl Roll Fresh or Chilled Fruit</p>	<p><b>17</b> Bella's Pizza New York Style Freshly Prepared Cucumber &amp; Tomato Salad Fresh or Chilled Fruit</p>
<p><b>20</b> <b>Breakfast for Lunch</b> Bacon, Egg, &amp; Cheese on an English Muffin Hash Browns Fresh or Chilled Fruit</p>	<p><b>21</b> BBQ Roasted Chicken Veggie Pasta Salad Dinner Roll Sweet Potato Crinkle Fries Fresh or Chilled Fruit</p>	<p><b>22</b> <b>Half Day Buffalo Chicken Mac &amp; Cheese</b> Soft Pretzel Stick Peas &amp; Carrots Fresh or Chilled Fruit</p>	<p><b>23</b> <b>School Closed</b> <b>Happy Thanksgiving!</b></p>	
<p><b>27</b> Chicken Tenders with Dipping Sauces Dinner Roll Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p><b>28</b> Rodeo Burger on a Bun with Onion Rings &amp; BBQ Sauce Sweet Potato Crinkle Fries Fresh or Chilled Fruit</p>	<p><b>29</b> Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese &amp; Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p><b>30</b> Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit Warm Pear Crisp</p>	

MENU SUBJECT TO CHANGE

Breakfast Offered Daily

Prepaid meals are available by setting up an account for your child at [www.payforit.net](http://www.payforit.net)

**Please Make Checks Payable To:** Garfield Board of Ed.



"This institution is an equal opportunity provider"