



Garfield Middle 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

**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
Salads Meals**

**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!**



Connect with



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

 <p>Try to fill at least half your plate with fruits and vegetables!</p>		<p>1 Rodeo Burger on a Bun with Onion Rings & BBQ Sauce Sweet Potato Crinkle Fries Fresh or Chilled Fruit</p>	<p>2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce, & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>3 Stuffed Crust Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>6 New Recipe! Buffalo Chicken Dip Pretzel Bites Celery Sticks Fresh or Chilled Fruit</p>	<p>7 School Closed</p>	<p>8 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>	<p>9 School Closed</p>	<p>10 School Closed</p>
<p>13 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>15 Hamburger or Cheeseburger on a Bun Mashed Potatoes Peas and Carrots Fresh or Chilled Fruit</p>	<p>16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit</p>	<p>17 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>20 General Tso's Chicken Steamed Rice Broccoli Fresh or Chilled Fruit</p>	<p>21 Grilled Cheese and Ham Sandwich Tater Tots Fresh or Chilled Fruit</p>	<p>22 Half Day Assorted Pizza Day Vegetable Medley Fresh or Chilled Fruit</p>	<p>23 School Closed Happy Thanksgiving!</p> 	
<p>27 Chicken Tenders with Dipping Sauces Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>29 Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit</p>	

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"