

# Garfield Pre K School

## November 2017 Lunch Menu

**NUTRITION NEWS:** Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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 Swap Outs Available Daily

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

Connect with us!   



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Try to fill at least half your plate with fruits and vegetables!</b>		1 <b>Mini Chicken Corn Dog</b> Mixed Vegetables Fresh or Chilled Fruit	2 <b>Popcorn Chicken</b> Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	3 <b>Pizza</b> Fresh Veggie Pack 100% Juice Fresh or Chilled Fruit
6 <b>Breakfast for Lunch</b> <b>Mini Maple Pancake &amp; Cheese Omelet</b> Fresh Veggie Pack Fresh or Chilled Fruit	7 <b>School Closed</b>	8 <b>Hot Dog on a Bun</b> Vegetable Medley Fresh or Chilled Fruit	9 <b>School Closed</b>	10 <b>School Closed</b>
13 <b>Mini Cheese Calzone</b> With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	14 <b>Mini Cheese Ravioli</b> Dinner Roll Corn Fresh or Chilled Fruit	15 <b>Breaded Chicken Patty on a Bun</b> Green Beans Fresh or Chilled Fruit	16 <b>Hamburger on a Bun</b> Carrot Sticks Oven Fries Fresh or Chilled Fruit	17 <b>Pizza</b> Fresh Veggie Pack 100% Juice Fresh or Chilled Fruit
20 <b>Chicken Nuggets</b> Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	21 <b>Macaroni &amp; Cheese</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	22 <b>Half Day Mini Chicken Corn Dog</b> Mixed Vegetables Fresh or Chilled Fruit	23 <b>School Closed</b>	24 
27 <b>Breakfast for Lunch</b> <b>French Toast &amp; Cheese Omelet</b> Fresh Veggie Pack Fresh or Chilled Fruit	28 <b>Turkey Taco Meat</b> Shredded Cheddar Cheese, Tostitos SCOOPS! Tortilla Chips, Rice, Corn Fresh or Chilled Fruit	29 <b>Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, &amp; Salsa</b> Steamed Corn Fresh or Chilled Fruit	30 <b>Pasta with Meat Sauce</b> Vegetable Medley Fresh or Chilled Fruit	

**Happy Thanksgiving!**

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!

Questions or Concerns?  
 Please visit [www.maschiofood.com](http://www.maschiofood.com) or call Maschio's Food Services at: 973-340-5010

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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"