



# Auxiliary High School

October 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

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|--|---|--|---|--|
| <p><b>2 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll</b><br/>Fresh or Chilled Fruit</p>   | <p><b>3 New Recipe! "Sriranacha" Cheeseburger on a Bun</b><br/>Tater Tots<br/>Fresh or Chilled Fruit</p>                                  | <p><b>4 National Taco Day! Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa</b><br/>Steamed Rice<br/>Corn<br/>Fresh or Chilled Fruit</p>                                 | <p><b>5 Pasta Day with Meat Sauce</b><br/>Freshly Prepared Garden Salad<br/>Fresh or Chilled Fruit</p>  | <p><b>6 Personal Pan Pizza</b><br/>Freshly Prepared Caesar Salad<br/>Fresh or Chilled Fruit</p>  |
| <p><b>9 Half Day New Recipe! BBQ Grilled Chicken &amp; Cheddar Sandwich</b><br/>Country Slaw<br/>Vegetarian Baked Beans<br/>Strawberry Applesauce<br/>Fresh or Chilled Fruit</p> | <p><b>10 Meatball Parm Sandwich</b><br/>Freshly Prepared Spring Mix Salad<br/>Fresh or Chilled Fruit</p>                                  | <p><b>11 Breakfast for Lunch</b><br/><b>Bacon, Egg, &amp; Cheese on a Croissant Bun</b><br/>Hash Browns<br/>Fresh or Chilled Fruit</p>   | <p><b>12 New Recipe! #Throwback Thursday Buffalo Chicken Mac &amp; Cheese</b><br/>Soft Pretzel Stick<br/>Steamed Broccoli<br/>Fresh or Chilled Fruit</p>  | <p><b>13 Stuffed Crust Pizza</b><br/>Locally Grown Cucumber &amp; Tomato Salad<br/>Fresh or Chilled Fruit</p>                                  |
| <p><b>NATIONAL SCHOOL LUNCH WEEK</b></p>   |   |  |   |  |
| <p><b>16 Crispy Chicken BLT on a Roll</b><br/>Freshly Prepared Creamy Cucumber Salad<br/>Fresh or Chilled Fruit</p>  | <p><b>17 Rodeo Burger on a Bun with BBQ Sauce &amp; Onion Rings</b><br/>French Fries<br/>Fresh or Chilled Fruit</p>                       | <p><b>18 SCOOP-A-BOWL</b><br/>Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa<br/>Tostitos SCOOPS!<sup>®</sup><br/>Tortilla Chips<br/>Steamed Corn<br/>Fresh or Chilled Fruit</p> | <p><b>19 Chicken Gyro Pita with Lettuce, Tomatoes, &amp; Potato Wedges</b><br/>Veggie Dippers<br/>Fresh or Chilled Fruit</p>  | <p><b>20 Twisted Cheesy Breadsticks with Marinara Sauce</b><br/>Pasta Marinara<br/>Locally Grown Veggie Dippers<br/>Fresh or Chilled Fruit</p> |
| <p><b>23 Grilled Cheese Sandwich with Bacon</b><br/>Tomato Soup<br/>Fresh Veggie Dippers<br/>Fresh or Chilled Fruit</p>  | <p><b>24 New Recipe! Chicken Fried Rice</b><br/>Steamed Vegetables<br/>Mandarin Oranges<br/>Fresh or Chilled Fruit<br/>Fortune Cookie</p> | <p><b>25 Pasta with Meat Sauce</b><br/>Warm Breadstick<br/>Freshly Prepared Garden Salad<br/>Fresh or Chilled Fruit</p>  | <p><b>26 California Chicken Tender Hero with Lettuce, Tomato, &amp; Mayo</b><br/>Freshly Prepared Tomato Salad<br/>Fresh or Chilled Fruit</p>   | <p><b>27 Mini Pepperoni Calzones with Marinara Sauce</b><br/>Freshly Prepared Italian House Salad<br/>Fresh or Chilled Fruit</p>               |
| <p><b>30 Buffalo Popcorn Chicken Basket with Soft Pretzel Sticks &amp; Tater Tots</b><br/>Fresh or Chilled Fruit</p>   | <p><b>31 HALLOWEEN New Recipe! Korean Beef Soft Tacos</b><br/>Asian Slaw<br/>100% Juice<br/>Orange Sorbet<br/>Fresh or Chilled Fruit</p>  | <p><b>SCHOOL LUNCH RECIPES FOR SUCCESS</b></p>   | <p><b>Cook Up your own Recipe for Success during National School Lunch Week!</b><br/>         This month we are asking <b>you</b> to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details. There will be three winners company-wide. Each winner will receive a gift basket and gift card. <b>Each winner's recipe creation will be featured on the January Menu!</b></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"