



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