



Garfield Middle 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

**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>2 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>3 California Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>4 National Taco Day! Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>5 BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Strawberry Applesauce</p>	<p>6 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>9 Half Day Chicken Nuggets with Dipping Sauces Confetti Rice Green Beans Fresh or Chilled Fruit</p>	<p>10 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>11 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit</p>	<p>12 New Recipe! #ThrowbackThursday Cheeseburger Mac & Cheese Soft Pretzel Stick Broccoli Fresh or Chilled Fruit</p>	<p>13 Stuffed Crust Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
NATIONAL SCHOOL LUNCH WEEK				
<p>16 Crispy Chicken BLT on a Roll Fresh Cucumber Coins Fresh or Chilled Fruit</p>	<p>17 Top Your Own Hot Dog On a Bun French Fries Fresh or Chilled Fruit</p>	<p>18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>20 Twisted Cheesy Breadsticks with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit</p>
<p>23 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fortune Cookie</p>	<p>25 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>26 Chicken Tenders Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit</p>	<p>27 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>30 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Smile Fries Fresh or Chilled Fruit</p>	<p>31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots 100% Juice Orange Sorbet</p>		<p>Cook Up your own Recipe for Success during National School Lunch Week! 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. Each winner's recipe creation will be featured on the January Menu!</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"