



Garfield Pre K School

October 2017 Lunch Menu



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!**


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. Peanut Butter and Jelly Sandwich
3. Cheese Sandwich

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog on a Bun Mixed Veggies Fresh or Chilled Fruit	3 Breakfast for Lunch French Toast & Cheese Omelet Veggie Pack Fresh or Chilled Fruit	4 Pasta with Meat Sauce Mixed Veggies Fresh or Chilled Fruit	5 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	6 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
9 Half A Day Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	10 Macaroni & Cheese Dinner Roll Mixed Veggies Fresh or Chilled Fruit	11 Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	12 Popcorn Chicken Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	13 Pizza Fresh Veggie Pack 100% Juice Fresh or Chilled Fruit

NATIONAL SCHOOL LUNCH WEEK

16 Grilled Cheese Sandwich Veggie Sticks Fresh or Chilled Fruit	17  SCOOP-A-BOWL Scoop a Bowl Chicken, Shredded Cheddar Cheese Tostitos SCOOPS!® Tortilla Chips Rice, Corn Fresh or Chilled Fruit	18 Breakfast for Lunch French Toast & Cheese Omelet Veggie Pack Fresh or Chilled Fruit	19 Hot Dog on a Bun Mixed Veggies Fresh or Chilled Fruit	20 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
23 Popcorn Chicken Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	24 Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	25 Macaroni & Cheese Dinner Roll Mixed Veggies Fresh or Chilled Fruit	26 Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	27 Pizza Fresh Veggie Pack 100% Juice Fresh or Chilled Fruit
30 Breakfast for Lunch French Toast & Cheese Omelet Veggie Pack Fresh or Chilled Fruit	31 HALLOWEEN Pasta with Meat Sauce Mixed Veggies Fresh or Chilled Fruit			

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 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

Please Make Checks Payable To: Garfield Board of Ed

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"