



# Garfield Pre School

## January 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

**Ring in the New Year with healthy achievable goals!** First, think about what habits you need to change to create a healthier lifestyle. For example, if you want to eat more vegetables, set a small, measurable goal of choosing to eat the vegetable of the day from your cafeteria line 2 days a week for a month. While keeping this habit going, you can move on to other goals (for example choosing fruit two days per week as well) or expand on your current goal (increase your vegetable selection at lunch to three days per week). You will feel a great sense of accomplishment when you achieve your goals!

**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 \$2.75  
 Reduced Lunch \$0.40  
 Adult Lunch \$4.25

MASCHIO'S MAIN EVENT

Maschio's Swap Outs  
Available Daily

1. Hot Meal
2. Peanut Butter and Jelly Sandwich
3. Cheese Sandwich



**Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers Available Daily**

Check us out on Facebook : Maschio's Food Services, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b>  <b>Hamburger on a Bun</b>            Carrot Sticks            Oven Fries            Fresh or Chilled Fruit</p>	<p><b>3</b>  <b>Scoop a Bowl</b>            Chicken, Shredded            Cheddar Cheese            Tostitos SCOOPS!®            Tortilla Chips            Rice            Corn            Fresh or Chilled Fruit</p>	<p><b>4</b>  <b>Mini Cheese Ravioli</b>            With Marinara Sauce            Bread Stick            Fresh or Chilled Fruit</p>	<p><b>5</b>  <b>Breaded Chicken Patty on a Bun</b>            Green Beans            Fresh or Chilled Fruit</p>	<p><b>6</b>  <b>Pizza</b>            Fresh Baby Carrots            100% Juice            Fresh or Chilled Fruit</p>
<p><b>9</b>  <b>Popcorn Chicken</b>            Whole Wheat Dinner Roll            Vegetable Medley            Fresh or Chilled Fruit</p>	<p><b>10</b>  <b>Macaroni &amp; Cheese</b>            Dinner Roll            Three Bean Salad            Fresh or Chilled Fruit</p>	<p><b>11</b>  <b>Breakfast for Lunch</b>  <b>French Toast &amp; Cheese Omelet</b>            Fresh Veggie Pack            Fresh or Chilled Fruit</p>	<p><b>12</b>  <b>Hot Dog on a Bun</b>            Green Bean Salad            Fresh or Chilled Fruit</p>	<p><b>13</b>  <b>Pizza</b>            Black Bean &amp; Corn Salad            100% Juice            Fresh or Chilled Fruit</p>
<p><b>16</b>  <b>SCHOOL CLOSED</b>   <b>Martin Luther King, Jr. Day</b></p>	<p><b>17</b>  <b>Pasta with Meat Sauce</b>            Vegetable Medley            Fresh or Chilled Fruit</p>	<p><b>18</b>  <b>Fajita Chicken</b>            Buttered Noodles            Three Bean Salad            Fresh or Chilled Fruit</p>	<p><b>19</b>  <b>Popcorn Chicken</b>            Whole Wheat Dinner Roll            Vegetable Medley            Fresh or Chilled Fruit</p>	<p><b>20</b>  <b>Pizza</b>            Fresh Baby Carrots            100% Juice            Fresh or Chilled Fruit</p>
<p><b>23</b>  <b>Chicken Nuggets</b>            Whole Wheat Dinner Roll            Green Beans            Fresh or Chilled Fruit</p>	<p><b>24</b>  <b>Breakfast for Lunch</b>  <b>Mini Pancake &amp; Cheese Omelet</b>            Fresh Veggie Pack            Fresh or Chilled Fruit</p>	<p><b>25</b>  <b>Hamburger on a Bun</b>            Carrot Sticks            Oven Fries            Fresh or Chilled Fruit</p>	<p><b>26</b>  <b>Mini Cheese Ravioli</b>            With Marinara Sauce            Bread Stick            Fresh or Chilled Fruit</p>	<p><b>27</b>  <b>Pizza</b>            Three Bean Salad            100% Juice            Fresh or Chilled Fruit</p>
<p><b>30</b>  <b>Breaded Chicken Patty on a Bun</b>            Green Beans            Fresh or Chilled Fruit</p>	<p><b>31</b>  <b>Pasta with Meat Sauce</b>            Vegetable Medley            Fresh or Chilled Fruit</p>	<div style="text-align: right; font-size: 36px; font-weight: bold; color: #0070c0;"> <span style="color: #ff9900;">2</span><span style="color: #0070c0;">0</span><span style="color: #009966;">1</span><span style="color: #76b82a;">7</span> </div> <div style="text-align: right; font-size: 24px; font-weight: bold; color: #0070c0;">             Happy New Year!           </div>		
<p><b>Winter PICNIC</b> </p>				

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 in the cafeteria:

**Please Make Checks Payable To: Garfield Board of Ed**

**MENU SUBJECT TO CHANGE**

**BREAKFAST OFFERED DAILY**



"This institution is an equal opportunity provider"