



Garfield Middle School

September 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

*We Hope You Enjoyed
Your Summer Vacation!*

1 No School				
4 Labor Day	5 No School	6 Welcome Back! Crispy Chicken BLT Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet	7 Breakfast for Lunch French Toast Sticks Breakfast Sausage Sweet Potato Tots Fresh or Chilled Fruit	8 Bella's Pizza New York Style Freshly Prepared Garden Salad Fresh or Chilled Fruit
11 Spicy or Plain Chicken Tender Basket with Tater Tots and Soft Pretzel Stick Fresh Veggie Dippers Fresh or Chilled Fruit	12 Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	13 Buffalo Chicken or Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	14 Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
18 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	19 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 Pasta with Meat Sauce Warm Garlic Breadstick Green Beans Strawberry Applesauce	21  Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 Personal Pan Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
25 BBQ Chicken Sandwich Locally Grown Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	26 Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Locally Grown Fresh Apple	27 Top Your Own Hamburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	28 Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	29 Bella's Pizza New York Style Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit



Jersey Fresh Farm to School Week

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"