



# Garfield Pre School

September 2017  
Lunch Menu

Farm Fresh Produce will be available from September 25th through the 29th.

Look out for the Jersey Fresh Symbol on the lunch line!

Local produce decreases the food miles from the farm to your cafeteria.

Local fruits and vegetables are in season and taste great!

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

- Hot Meal
- Peanut Butter and Jelly Sandwich
- Cheese Sandwich

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>We Hope You Enjoyed Your Summer Vacation!</i>			1 School Closed
4 Labor Day	5 School Closed	6 Welcome Back! Half Day Chicken Nuggets Whole Wheat Dinner Roll Green Beans Fresh or Chilled Fruit	7 Hot Dog on a Bun Oven Baked Fries Fresh or Chilled Fruit	8 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
11 Breakfast for Lunch French Toast & Cheese Omelet Fresh Veggie Pack Fresh or Chilled Fruit	12 Hamburger on a Bun Carrot Sticks Oven Fries Fresh or Chilled Fruit	13 Lucky Tray Day Pasta with Meat Sauce Vegetable Medley Fresh or Chilled Fruit	14 Popcorn Chicken Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	15 Mini Pizza Bagel Three Bean Salad 100% Juice Fresh or Chilled Fruit
18 Mini Chicken Corn Dog Mixed Vegetables Fresh or Chilled Fruit	19 Breaded Chicken Patty on a Bun Green Beans Fresh or Chilled Fruit	20 Mini Cheese Calzone With Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	21 Chicken Meatball Dinner Roll Mashed Potatoes Steamed Mushroom Fresh or Chilled Fruit	22 Pizza Fresh Baby Carrots 100% Juice Fresh or Chilled Fruit
25 Popcorn Chicken Whole Wheat Dinner Roll Vegetable Medley Fresh or Chilled Fruit	26 Johnny Appleseed Day Breakfast for Lunch Pancake & Cheese Omelet Fresh Veggie Pack Fresh or Chilled Fruit Locally Grown Apple	27 Mini Cheese Ravioli Dinner Roll Corn Fresh or Chilled Fruit	28 Grilled Cheese and Ham Sandwich Tater Tots Juice Sorbet	29 Pizza Black Bean & Corn Salad 100% Juice Fresh or Chilled Fruit



## Jersey Fresh Farm to School Week

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 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

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"