



Auxiliary High School

January 2018

Lunch Menu

The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

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

Great Grillers

Cheeseburger or Hamburger on a Bun
Grilled Chicken on a Bun
Served with French Fries

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 Pre-Order

Deli Central

Assorted Sandwiches and Salad Meals

Harvest Market

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

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**



Connect with us!



Questions or Concerns?

Please visit www.maschiofood.com

or call Maschio's Food Services at: 973-340-5010 ext 2129

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| <p>1 New Year's Day School Closed</p> | <p>2 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit</p> | <p>3 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Oven Baked Fries Fresh or Chilled Fruit</p> | <p>4 National Spaghetti Day Spaghetti Bar Choice of Meatballs & Marinara, Meat Sauce, or Alfredo Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet Fresh or Chilled Fruit</p> | <p>5 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p> |
| <p>8 Ham & Cheese Melt on a Pretzel Bun Green Beans Oven Baked Fries Fresh or Chilled Fruit</p> | <p>9 New Recipe! Bacon, Chicken, and Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit</p> | <p>10 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p> | <p>11 National Milk Day Buffalo Chicken or Creamy Mac & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit</p> | <p>12 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p> |
| <p>15 Martin Luther King Jr. Day School Closed</p> | <p>16 New Recipe! Chicken Fajita Fries Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit</p> | <p>17 Pizza Burger on a Bun with Mozzarella Cheese & Marinara Sauce Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit</p> | <p>18 Hot Open-Faced Turkey Sandwich with Gravy Mashed Potatoes Green Beans Fresh or Chilled Fruit</p> | <p>19 New Item! Rich's Pizza Crunchers with Marinara Sauce Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p> |
| <p>22 Grilled Ham & Cheese Melt on a Pretzel Bun Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit</p> | <p>23 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit</p> | <p>24 Winter Picnic BBQ Grilled Chicken & Dinner Roll Oven Baked Fries Baked Beans Fresh or Chilled Fruit</p> | <p>25 California Burger on a Bun Oven Baked Fries Vegetable Medley Fresh or Chilled Fruit</p> | <p>26 Personal Pan Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p> |
| <p>29 New Recipe! Plain or Buffalo Chicken Cheesesteak Hero Spiral Fries</p> | <p>30 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit</p> | <p>31 Pasta Alfredo with Chicken and Broccoli Garlic Bread Fresh or Chilled Fruit</p> | <p>2018 HAPPY NEW YEAR!</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"