



Garfield Elementary Schools

January 2018
Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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

Monday: Italian Sub
Tuesday: Ham and Cheese Sandwich
Wednesday: Cheese Sandwich
Thursday: Turkey Ranchero Wrap
Friday: Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Vegetarian Burger on a Bun
 Fruit & Cheese Platter with Pita Wedges
 Bagel Bag Meal
 Muffin Bag Meal
 Cereal Bag Meal

Connect with us! Breakfast Offered Daily



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Chicken Nuggets Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meat Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 Bella's Pizza New York Style Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Ham & Cheese Melt on a Pretzel Bun Oven Baked Fries Fresh or Chilled Fruit	9 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	10 Chicken Fajita Pita French Fries Southwestern Corn Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Diana's Create Your Own Pizza Bagel Assorted Toppings Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Hot Open Faced Turkey Sandwich Oven Baked Fries Fresh or Chilled Fruit	17 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	18 California Burger on a Bun Vegetable Medley Fresh or Chilled Fruit	19 French Bread Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Roast Turkey with Gravy Dinner Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Grilled Ham and Cheese Sandwich Oven Baked Fries Fresh or Chilled Fruit	26 Personal Pan Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Hamburger or Cheeseburger on a Bun Vegetable Medley Fresh or Chilled Fruit	30 Roast Chicken Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	31 New Recipe! Pasta Alfredo with Chicken and Broccoli Garlic Bread 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 ext 2129

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"