



# Garfield Middle School

January 2018  
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](http://www.maschiofood.com)  
or call Maschio's Food Services at: 973-340-5010  
ext 2129

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday

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

MENU SUBJECT TO CHANGE

Breakfast Offered Daily

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



"This institution is an equal opportunity provider"