

Bergen Arts & Science Elementary School

December 2017 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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 \$2.90
Reduced Lunch \$0.40
Adult Lunch \$3.75

Maschio's Swap Outs

- Monday:** Turkey & Cheese Sandwich
- Tuesday:** Italian Sub Sandwich
- Wednesday:** Bologna Sandwich
- Thursday:** Crispy Chicken Salad with Dinner Roll
- Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

- Halal Sandwiches Available Daily
- Peanut Butter & Jelly Sandwich
- Yogurt Bag
- Bagel Bag
- Cereal Bag

Connect with us!   


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



Monday Tuesday Wednesday Thursday Friday



HAPPY HOLIDAYS

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|---|--|---|--|---|
| <p>4 Popcorn Chicken
Soft Pretzel Stick
Honey Glazed Carrots
Fresh Apple</p> | <p>5 Taco Tuesday
Twin Tacos
with Taco Meat,
Shredded Cheddar
Cheese, Lettuce,
Tomatoes & Salsa
Steamed Rice
Corn
Fresh or Chilled Fruit</p> | <p>6 Pasta Alfredo
with Garden
Vegetables
Warm Breadstick
Sautéed Broccoli
Fresh or Chilled Fruit</p> | <p>7 Grilled Ham & Cheese Sandwich
Tomato Soup
Fresh Veggie Dippers
Fresh or Chilled Fruit</p> | <p>1 Personal Pan Pizza
Freshly Prepared
Caesar Salad
Fresh or Chilled Fruit</p> |
| <p>11 Crispy Chicken Sandwich
Emoji Fries
Fresh or Chilled Fruit</p> | <p>12 Lucky Tray Day!
Creamy Macaroni & Cheese
Soft Pretzel Stick
Fresh Celery
Dippers
Fresh or Chilled Fruit</p> | <p>13 Breakfast For Lunch
Pancakes
Sausages
Sweet Potato Tots
Warm Cinnamon Apples</p> | <p>14 Hamburger or Cheeseburger on a Bun
Country Slaw
Fresh or Chilled Fruit</p> | <p>8 Bella's Pizza
New York Style
Freshly Prepared
Italian House Salad
Fresh or Chilled Fruit</p> |
| <p>18 Chicken Nuggets
Confetti Rice
Steamed Peas
Fresh or Chilled Fruit</p> | <p>19 All-Natural Beef Hot Dog on a Bun
Potato Wedges
Fresh or Chilled Fruit</p> | <p>20 Holiday Meal
Cheese Lasagna Rollup with
Marinara Sauce
Broccoli Italiano
Fresh or Chilled Fruit
Holiday Pretzel</p> | <p>21 First Day of Winter

Fajita Chicken,
Cheddar Cheese over
Rice with Lettuce,
Tomatoes & Salsa
Tostitos SCOOPS!
Tortilla Chips
Steamed Corn
Fresh or Chilled Fruit</p> | <p>15 Stuffed Crust Cheese Pizza
Freshly Prepared
Cucumber & Tomato Salad
Fresh or Chilled Fruit</p> |
| <p>25</p> | <p>26</p> | <p>27</p> | <p>28</p> | <p>22 Assorted Pizza Day
Fresh Veggie Dippers
Fresh or Chilled Fruit</p> |

Enjoy your Winter Break & Have a Happy New Year!

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: (862)247-8510



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"