Bergen Arts & Science High School

December 2017
Lunch Menu

Student Lunch **$2.90** Reduced Lunch **$0.40** Adult Lunch **$3.75**

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

Halal Great Grillers

Hamburger or Cheeseburger on a Bun
Buffalo or Chicken Patty on a Bun
Hot Dog on a Bun

Deli Central

Halal Sandwiches Available Daily

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings

Tuna Salad Sandwich

Peanut Butter & Jelly Sandwich

Harvest Market

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

Fridays– Assorted Specialty Salads

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!

The Main Event

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				1 **Personal Pan Pizza** Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 **Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy** Dinner Roll Fresh Apple	5 **Taco Tuesday** **Tacos with Cheddar Cheese, Lettuce, Tomato Salsa** Corn & Black Bean Salad Fresh or Chilled Fruit	6 **Chicken Alfredo Pasta** Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	7 **Meatball Sub** with Marinara & Mozzarella Steamed Vegetable Fresh or Chilled Fruit	8 **Bella's Pizza** **New York Style** Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 **Crispy Chicken BLT on a Croissant** Seasoned Potato Wedges Fresh or Chilled Fruit	12 **Cheeseburger on Bun** French Fries Fresh or Chilled Fruit	13 **Buffalo Chicken Mac & Cheese** Soft Pretzel Stick Sweet Peas Fresh or Chilled Fruit	14 **Philly Cheesesteak Hero with Peppers & Onions** Tater Tots Fresh or Chilled Fruit	15 **Stuffed Crust Cheese Pizza** Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 **Plain or Buffalo Chicken Tender Basket with Tater Tots and Baked Beans** Fresh or Chilled Fruit	19 **Roast Beef French Dip Sandwich** Sweet Potato Fries Fresh or Chilled Fruit	20 **Holiday Meal** **Chicken Parm with Pasta Marinara** Steamed Vegetable Fresh or Chilled Fruit *Holiday Pretzel*	21 **First Day of Winter** SCOOP-A-BOWL **Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes,& Salsa Tostitos SCOOPS!® Tortilla Chips** Steamed Corn Fresh or Chilled Fruit	22 **Lunch To Go** **Deli Sandwich** Baby Carrots with Ranch Dip Fresh or Chilled Fruit **HALF DAY**
25	26	27	28	29

Enjoy your Winter Break & Have a Happy New Year!

MENU SUBJECT TO CHANGE

Questions or Concerns?
Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (201)968-5039

Maschio's Food Services, Inc.

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