

Bergen Arts & Science Middle 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



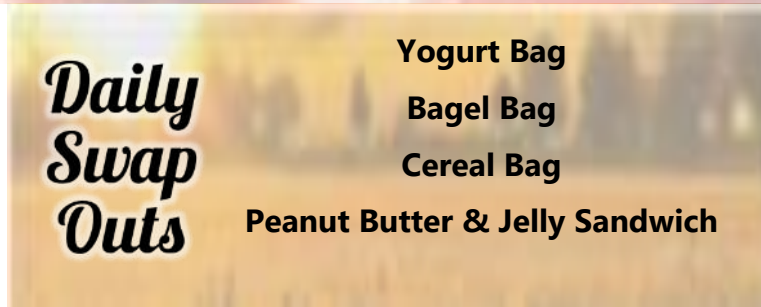
Deli Central

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

Salad Bar—Tuesday's & Thursday's



Daily Swap Outs

- Yogurt Bag
- Bagel Bag
- Cereal Bag
- Peanut Butter & Jelly Sandwich

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

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY HOLIDAYS			1 Personal Pan Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
4 Popcorn Chicken Soft Pretzel Stick Honey Glazed Carrots Fresh Apple	5 Pasta Alfredo with Garden Vegetables Warm Breadstick Sautéed Broccoli Fresh or Chilled Fruit	6 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	7 Meatball Sub with Marinara & Mozzarella Green Beans Fresh or Chilled Fruit	8 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	12 Lucky Tray Day Creamy Macaroni & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit	13 SCOOP-A-BOWL Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	14 Hamburger or Cheeseburger on a Bun Baked Beans Country Slaw Fresh or Chilled Fruit	15 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
18 Chicken Nuggets Confetti Rice Steamed Peas Fresh or Chilled Fruit	19 All-Natural Beef Hot Dog on a Bun Potato Wedges Fresh or Chilled Fruit	20 Holiday Meal Cheese Lasagna Rollup with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel	21 First Day of Winter Breakfast For Lunch Pancakes Sausages Sweet Potato Tots Warm Cinnamon Apples	22 Assorted Pizza Day Fresh Veggie Dippers Fresh or Chilled Fruit
25	26	27	28	29

Enjoy your Winter Break & Have a Happy New Year!

Our well-balanced lunches available for the week, between **600-650 calories**, with **less than 10%**

average of to-



Questions or Concerns?
Please Visit www.MaschioFood.com
or Call Maschio's Food Services at: (973)253-0002

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"