

# Bergen Arts & Science High School

February 2018  
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



Keep your heart happy by choosing healthy options!

**5 Meatless Monday**  
Creamy Mac & Cheese  
Warm Breadstick  
Broccoli Italiano  
Fresh or Chilled Fruit

**6 New Recipe!**  
Southwest Turkey Flatbread with Salsa-Ranch Sauce  
Sweet Potato Tots  
Fresh or Chilled Fruit

**7 Philly**  
Cheesesteak Hero with Peppers & Onions  
French Fries  
Fresh or Chilled Fruit

**8 SCOOP-A-BOWL**  
Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa  
Tostitos SCOOPS!®  
Tortilla Chips  
Southwestern Corn  
Fresh or Chilled Fruit

**9 New Item!**  
Pepperoni Pizza  
Freshly Prepared Caesar Salad  
Fresh or Chilled Fruit

**12 Chicken & Waffles**  
with Tater Tots  
Cole Slaw  
Fresh or Chilled Fruit

**13 Breakfast for Lunch**  
New Recipe!  
Breakfast Burrito Bowl with Scrambled Eggs, Turkey Bacon, Shredded Cheddar Cheese, Tater Tots, & Salsa  
Warm Biscuit  
Fresh or Chilled Fruit

**14 Valentine's Day**  
Spaghetti with Meatballs & Marinara Sauce  
Warm Garlic Breadstick  
Freshly Prepared Spring Mix Salad  
Strawberry Applesauce  
Fresh or Chilled Fruit

**15 Chinese New Year Celebration**  
General Tso's Popcorn Chicken with Rice  
Steamed Broccoli  
Mandarin Oranges  
Fortune Cookie

**16 School Closed**

**19 President's Day**  
School Closed

**20 NASCAR "Race to Good Nutrition"**  
Grilled Chicken Caesar Salad Wrap  
Freshly Prepared Three Bean Salad  
Fresh Veggie Dippers  
Fresh or Chilled Fruit

**21 Roasted BBQ Chicken**  
Warm Biscuit  
Baked Beans  
Country Slaw  
Fresh or Chilled Fruit

**22 Tacos with Taco Meat, Shredded Cheddar Cheese Lettuce, Tomato & Salsa**  
Rice  
Steamed Corn  
Fresh or Chilled Fruit

**23 Pizza Crunchers with Marinara Sauce**  
Freshly Prepared Garden Salad  
Fresh or Chilled Fruit

**26 Chicken Gyro w/Lettuce, Tomato & Tzatziki Sauce**  
French Fries  
Fresh or Chilled Fruit

**27 National Tortilla Chip Day**  
New Recipe!  
Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa  
Southwestern Slaw  
Fresh or Chilled Fruit

**28 Breakfast for Lunch**  
Pancakes and Turkey Bacon  
Maple Cinnamon  
Sweet Potato Tots  
Fresh or Chilled Fruit



MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: (201) 968-5039

**Maschio's**  
Food Services, Inc.  
"This institution is an equal opportunity provider"