

# Bergen Arts & Science High School

January 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

Halal Sandwiches Available Daily

## Deli Central

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

1 <b>New Year's Day</b>  <b>School Closed</b>	2 Chicken Tenders Basket with Soft Pretzel Stick and Tater Tots Fresh or Chilled Fruit	3 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> Spaghetti Bar Choice of Meatballs & Marinara, Meat Sauce, or Alfredo Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet Fresh or Chilled Fruit	5 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>New Recipe! Bacon, Chicken, and Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, &amp; Salsa</b> Southwestern Corn Fresh or Chilled Fruit	10 Chicken Nuggets w/Dipping Sauces French Fries Fresh or Chilled Fruit	11 <b>National Milk Day</b> Buffalo Chicken or Creamy Mac & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Bella's Pizza New York Style 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! Chicken Fajita Fries</b> Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit	17 Pizza Burger on a Bun with Mozzarella Cheese & Marinara Sauce Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 Hot Open-Faced Turkey Sandwich with Gravy Mashed Potatoes Green Beans Fresh or Chilled Fruit	19 <b>New Item! Rich's Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Crispy Chicken Sandwich Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Taco Tuesday</b> Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 <b>Winter Picnic</b> BBQ Grilled Chicken & Cheddar Cheese Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Cheeseburger French Fries Fresh or Chilled Fruit	26 <b>Half Day</b> Personal Pan Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 <b>New Recipe! Plain or Buffalo Chicken Cheesesteak Hero</b> Spiral Fries	30 <b>Breakfast for Lunch</b> Bacon, Egg, & Cheese Sandwich Maple Cinnamon Sweet Potato Tots Strawberry Applesauce Fresh or Chilled Fruit	31 Pasta Alfredo with Chicken and Broccoli Garlic Bread 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

