

# Bergen Arts & Science Middle School

## January 2018 Lunch Menu

**NUTRITION NEWS:** It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/ orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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

**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**

**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
1 <b>New Year's Day</b>  <b>School Closed</b>	2 <b>Chicken Nuggets</b> Soft Pretzel Stick Carrots Fresh or Chilled Fruit	3 <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet	5 <b>Bella's Pizza</b> New York Style Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>Breakfast For Lunch</b> <b>Waffles</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	10 <b>Chicken &amp; Cheese Quesadilla</b> with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit	11 <b>National Milk Day</b> <b>Creamy Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12  <b>New Recipe!</b> Recipe For Success Contest Winner  <b>Diana's Create Your Own Pizza Bagel Assorted Toppings</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b>  <b>School Closed</b>	16 <b>Popcorn Chicken</b> Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	17  <b>Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> Tostitos SCOOPSI® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	18 <b>All-Natural Beef Hot Dog on a Bun</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 <b>French Bread Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 <b>Meatless Monday</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Cheeseburger on Bun</b> French Fries Fresh or Chilled Fruit	24 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	25 <b>Philly Cheesesteak</b> Country Slaw Baked Beans Fresh or Chilled Fruit	26 <b>Half Day</b> <b>Personal Pan Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 <b>Crispy Chicken Sandwich</b> Peas & Carrots Fresh or Chilled Fruit	30 <b>Breakfast For Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce	31 <b>New Recipe!</b> <b>Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread Fresh or Chilled Fruit		

Our well-balanced lunches available for the week, average between **600-650 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](http://www.MaschioFood.com)  
or Call Maschio's Food Services at: (973)253-0002

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"