

# Bergen Arts & Science High School

March 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



Happy Spring!



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| 1<br><b>Buffalo Chicken or Creamy Mac &amp; Cheese</b><br>Dinner Roll<br>Steamed Broccoli<br>Fresh or Chilled Fruit  | 2<br><b>Twisted Cheesy Breadsticks with Marinara Sauce</b><br>Pasta Marinara<br>Freshly Prepared Garden Salad<br>Fresh or Chilled Fruit  |
| 5<br><b>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy</b><br>Dinner Roll<br>Fresh or Chilled Fruit                         | 6<br><b>Breakfast for Lunch New Recipe! Egg &amp; Turkey Chorizo Burrito</b><br>Hash Browns<br>Fresh or Chilled Fruit  |
| 7<br><b>Pasta Bar with choice of Meatballs &amp; Marinara Sauce, Meat Sauce, or Alfredo Sauce</b><br>Garlic Bread<br>Sautéed Spinach<br>Fresh or Chilled Fruit | 8<br><b>Breakfast for Lunch New Recipe! Ham, Egg, &amp; Cheese Melt on a Croissant Sub Roll</b><br>Battered French Fries<br>Fresh or Chilled Fruit   |
| 12<br><b>New Recipe! Crispy Chicken on a Biscuit with Maple Sriracha Sauce</b><br>Sweet Potato Fries<br>Fresh or Chilled Fruit                                 | 13<br><b>Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b><br>Rice<br>Steamed Corn<br>Fresh or Chilled Fruit   |
| 14<br><b>Roast Turkey with Gravy</b><br>Dinner Roll<br>Mashed Potatoes<br>Steamed Carrots<br>Fresh or Chilled Fruit  | 15<br><b>Philly Cheesesteak Hero with Peppers &amp; Onions</b><br>Potato Wedges<br>Fresh or Chilled Fruit  |
| 16<br><b>New Recipe! Bella's Pizza New York Style</b><br>Freshly Prepared Caesar Salad<br>Gelatin Fruit Cups<br>Fresh or Chilled Fruit                         |  |
| 19<br><b>Crispy Bacon Chicken Swiss Sandwich</b><br>Emoji Fries<br>Fresh or Chilled Fruit  | 20<br><b>Roast Chicken</b><br>Pretzel Sticks<br>Carrots & Peas<br>Fresh or Chilled Fruit   |
| 21<br><b>Meatball Parm Hero</b><br>Vegetable Medley<br>Fresh or Chilled Fruit  | 22<br><b>New Recipe! General Tso's Popcorn Chicken Lettuce Wraps with Asian Slaw</b><br>Steamed Rice<br>Fresh or Chilled Fruit   |
| 23<br><b>Mini Cheese Calzones with Marinara Sauce</b><br>Freshly Prepared Cucumber & Tomato Salad<br>Fresh or Chilled Fruit                                    |  |
| 26<br><b>Meatless Monday New Recipe! Cheese Lasagna Rollup with Marinara Sauce</b><br>Warm Breadstick<br>Broccoli Italiano<br>Fresh or Chilled Fruit           | 27<br><b>New Recipe! Plain or Spicy Chicken Nugget Basket</b><br>Dinner Roll<br>Potato Wedges<br>Fresh or Chilled Fruit  |
| 28<br><b>Rodeo Burger on a Bun with Onion Rings &amp; BBQ Sauce</b><br>Sweet Potato Tots<br>Fresh or Chilled Fruit   | 29<br><b>SCOOP-A-BOWL</b><br>Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa<br>Tostitos SCOOPS! <sup>®</sup><br>Tortilla Chips<br>Steamed Corn<br>Fresh or Chilled Fruit |
| 30<br><b>School Closed</b>   |  |

SCHOOL BREAKFAST

National School Breakfast Week

1st Day of Spring

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



"This institution is an equal opportunity provider"