

Bergen Arts & Science High School

May 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

Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings

Deli Central

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 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce Confetti Fries Fresh or Chilled Fruit National Hamburger Month	2 Crispy Chicken on a Biscuit with Honey Sriracha Sauce Spiral Fries Fresh or Chilled Fruit	3  Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Lightsaber Pizza Dippers with Pasta Marinara Chewbacca Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day
7 Spicy or Plain Chicken Tender Basket Warm Breadstick Tater Tots Fresh or Chilled Fruit	8 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Meatball Parm Sub Oven Baked Fries Fresh or Chilled Fruit	10 General Tso's Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Three Cheese Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Cheese Lasagna Rollup with Marinara Sauce Garlic Bread Broccoli Italiano Fresh or Chilled Fruit	16 BBQ Chicken Sandwich Sweet Yam Hot vegetable Fresh or Chilled Fruit	17 Bacon, Chicken & Cheese Quesadilla with Salsa Black Bean & Corn Salad Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Firecracker Burger on a Bun with Boom Boom Sauce Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Pasta Bar with choice of Meatballs & Marinara Sauce, Meat Sauce, or Alfredo Sauce Dinner Roll Freshly Prepared Garden Salad Fresh or Chilled Fruit	24 Breakfast for Lunch Bacon, Egg & Cheese on a Croissant Hash Browns Fresh or Chilled Fruit National Egg Month	25 Bella's Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 Memorial Day  School Closed	29 Roast Chicken Roll Broccoli Fresh or Chilled Fruit	30 New Recipe! Turkey & Cheese Panini with Chipotle Mayo Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	

Vegetarian Awareness Week

MENU SUBJECT TO CHANGE

Questions or Concerns?

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



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