

Bergen Arts & Science High School

November 2017
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

<p>Try to fill at least half your plate with fruits and vegetables!</p> 		<p>1 Chicken Pasta Alfredo Warm Breadstick Broccoli Fresh or Chilled Fruit</p>	<p>2 New Recipe! National Sandwich Day Caprese Panini with Tomato, Mozzarella, & Basil Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>3 House Made Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>
<p>6 New Recipe! Buffalo Chicken Dip Pretzel Bites Celery Sticks Fresh or Chilled Fruit</p>	<p>7 The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices Tater Tots Fresh or Chilled Fruit</p>	<p>8 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>9 NEW ITEM Roast Beef French Dip Sandwich French Fries Fresh or Chilled Fruit</p>	<p>10 Pizzeria Pizza Fresh Made Garden Salad Fresh or Chilled Fruit</p>
<p>13 New Recipe! Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings Sweet Potato Fries Fresh or Chilled Fruit</p>	<p>14 Taco Tuesday Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>15 California Steak & Cheddar Melt Spiral Fries Fresh or Chilled Fruit</p>	<p>16 New Recipe! Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, & Cranberry Sauce Pumpkin Swirl Roll Fresh or Chilled Fruit</p>	<p>17 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
<p>20 Chicken Parm with Pasta Marinara Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>21 Beef & Broccoli over Rice Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie</p>	<p>22 Buffalo Chicken Mac & Cheese Soft Pretzel Stick Peas & Carrots Fresh or Chilled Fruit</p>	<p>23 School Closed Happy Thanksgiving! </p>	
<p>27 Chicken Tenders with Dipping Sauces Dinner Roll Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit</p>	<p>28 Breakfast for Lunch Bacon, Egg, & Cheese on an English Muffin Hash Browns Fresh or Chilled Fruit</p>	<p>29 Fiesta Chicken Nacho Platter Lettuce, Tomatoes, Cheese & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>30 Philly Cheesesteak Hero with Peppers and Onions French Fries Fresh or Chilled Fruit Warm Pear Crisp</p>	

MENU SUBJECT TO CHANGE

Questions or Concerns?

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

