

Bergen Arts & Science Middle School

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

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
Try to fill at least half your plate with fruits and vegetables!				
		1 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	2 National Sandwich Day Turkey Club with Turkey Bacon, Lettuce & Tomatoes Minestrone Soup Fresh Veggie Dippers Fresh or Chilled Fruit	3 Pizza Friday! Freshly Prepared Garden Salad Fresh or Chilled Fruit
6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit	7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	8 Mozzarella Sticks w/Dipping Sauce Vegetable Medley Garlic Bread Fresh or Chilled Fruit	9 NEW ITEM The MAC Burger with Thousand Island Dressing, American Cheese, and Pickle Slices French Fries Fresh or Chilled Fruit	10 Mini Pizza Bagels Freshly Prepared Caesar Salad Fresh or Chilled Fruit
13 Crispy Chicken Sandwich Sweet Potato Fries Fresh or Chilled Fruit	14 All-Natural Beef Hot Dog on a Bun Country Slaw Vegetarian Baked Beans Fresh or Chilled Fruit	15 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Pumpkin Swirl Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	17 Pizza Friday! Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit	21 Lucky Tray Day! Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit	22 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit	23 School Closed	24 
27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit	28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit	29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit	30 Philly Cheesesteak Hero French Fries Warm Pear Crisp	

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
or Call Maschio's Food Services at: (973)253-0002



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE