

Bergen Arts & Science High School

October 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

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

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>2 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit</p>	<p>3 New Recipe! "Srirancha" Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit</p>	<p>4 National Taco Day! Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Corn Fresh or Chilled Fruit</p>	<p>5 Chicken & Waffles with Syrup Cajun Dirty Rice Veggie Slaw Fresh or Chilled Fruit</p>	<p>6 Housemade Pizza w/ Asst. Toppings Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>9 School Closed</p>	<p>10 School Closed</p>	<p>11 New Item! Thai Sweet Chicken Rice Bowl With Stir Fry Veggies Fresh or Chilled Fruit</p>	<p>12 New Recipe! #Throwback Thursday Buffalo Chicken Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>13 Stuffed Crust Pizza Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit</p>
NATIONAL SCHOOL LUNCH WEEK				
<p>16 Crispy Chicken BLT on a Roll Freshly Prepared Creamy Cucumber Salad Fresh or Chilled Fruit</p>	<p>17 Rodeo Burger on a Bun with BBQ Sauce & Onion Rings French Fries Fresh or Chilled Fruit</p>	<p>18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit</p>	<p>19 MAC Rib Patty on Bun Potato Salad Baked Vegetarian Beans Fresh or Chilled Fruit</p>	<p>20 Twisted Cheesy Breadsticks with Marinara Sauce Pasta Marinara Locally Grown Veggie Dippers Fresh or Chilled Fruit</p>
<p>23 Grilled Chicken Gyro Chickpea Salad Fresh or Chilled Fruit</p>	<p>24 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fresh or Chilled Fruit Fortune Cookie</p>	<p>25 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>	<p>26 California Chicken Tender Hero with Lettuce, Tomato, & Mayo Freshly Prepared Tomato Salad Fresh or Chilled Fruit</p>	<p>27 Mini Pepperoni Calzones with Marinara Sauce Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>
<p>30 Buffalo Popcorn Chicken Basket with Soft Pretzel Sticks & Tater Tots Fresh or Chilled Fruit</p>	<p>31 HALLOWEEN New Recipe! Korean Beef Soft Tacos Asian Slaw Orange Sorbet Fresh or Chilled Fruit</p>	<p>Cook Up your own Recipe for Success during National School Lunch Week! This month we are asking you to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details. There will be three winners company-wide. Each winner will receive a gift basket and gift card. Each winner's recipe creation will be featured on the January Menu!</p> 		

MENU SUBJECT TO CHANGE

Questions or Concerns?

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

