

Passaic Arts & Science High School

February 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



Keep your heart happy by choosing healthy options!

5 Meatless Monday Creamy Mac & Cheese
Warm Breadstick
Broccoli Italiano
Fresh or Chilled Fruit

6 New Recipe! Southwest Turkey Flatbread with Salsa-Ranch Sauce
Sweet Potato Tots
Fresh or Chilled Fruit

7 Philly Cheesesteak Hero with Peppers & Onions
French Fries
Fresh or Chilled Fruit

8 SCOOP-A-BOWL
Fajita Chicken & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa
Tostitos SCOOPS!® Tortilla Chips
Southwestern Corn
Fresh or Chilled Fruit

9 New Item! Pepperoni Pizza
Freshly Prepared
Caesar Salad
Fresh or Chilled Fruit

12 Plain or Spicy Chicken Tender Basket
with Tater Tots & Warm Breadstick
Fresh or Chilled Fruit

13 Breakfast for Lunch New Recipe! Breakfast Burrito Bowl with Scrambled Eggs, Turkey Bacon, Shredded Cheddar Cheese, Tater Tots, & Salsa
Warm Biscuit
Fresh or Chilled Fruit

14 Valentine's Day Spaghetti with Meatballs & Marinara Sauce
Warm Garlic Breadstick
Freshly Prepared Spring Mix Salad
Strawberry Applesauce
Fresh or Chilled Fruit

15 Chinese New Year Celebration General Tso's Popcorn Chicken with Rice
Steamed Broccoli
Mandarin Oranges
Fortune Cookie

16 School Closed

19 President's Day School Closed

20 NASCAR "Race to Good Nutrition" Grilled Chicken Caesar Salad Wrap
Freshly Prepared Three Bean Salad
Fresh Veggie Dippers
Fresh or Chilled Fruit

21 Roasted BBQ Chicken
Warm Biscuit
Baked Beans
Country Slaw
Fresh or Chilled Fruit

22 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
Rice
Steamed Corn
Fresh or Chilled Fruit

23 Pizza Crunchers with Marinara Sauce
Freshly Prepared
Garden Salad
Fresh or Chilled Fruit

26 Crispy Chicken BLT on a Croissant
French Fries
Fresh or Chilled Fruit

27 National Tortilla Chip Day New Recipe! Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa
Southwestern Slaw
Fresh or Chilled Fruit

28 Breakfast for Lunch Sausage Egg & Cheese on a Kaiser Roll
Maple Cinnamon
Sweet Potato Tots
Fresh or Chilled Fruit



MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Visit www.MaschioFood.com
Or Call Maschio's Food Services at: (973) 928-5544



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