

Bergen Center

January 2018 Lunch Menu

NUTRITION NEWS: It's a new year and time for new healthy goals to be set! One goal may be to eat more vegetables. To succeed at any goal- start with a plan. For example, try to pick up two vegetables of different colors at lunch, such as orange and dark green until you are eating all the colors of the rainbow throughout the week! Aim for the 5 vegetable groups: red/orange, starchy, legumes, dark green and other (cucumbers, celery etc.). You can try this method with other goals such as exercising more or getting enough sleep. With a goal in mind and simple steps to follow you will be right on track with better health for the year!

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 \$2.00

Reduced Lunch \$0.40

Adult Lunch \$4.00

Maschio's Swap Outs

Monday: Vegetarian Nuggets with Dinner Roll

Tuesday: Grilled Cheese Sandwich

Wednesday: Tuna Sandwich on Kaiser Roll

Thursday: Vegetarian Nugget Wrap with Lettuce & Tomatoes

Friday: Tuna Salad Wrap

Maschio's Swap Outs Available Daily

Bagel Bag with Yogurt and Mozzarella

Cheese Stick

Grilled Chicken Caesar Salad with Roll

Connect with us!



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Popcorn Chicken Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	4 National Spaghetti Day Spaghetti with Meatballs Garlic Breadstick Sautéed Green Beans 100% Orange Juice Sorbet	5 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 Crispy Chicken Sandwich Steamed Carrots Fresh or Chilled Fruit	9  Taco Meat, Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit	10 Breakfast For Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit	11 National Milk Day Creamy Macaroni & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 Cheese Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
15 Martin Luther King Jr. Day School Closed	16 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	17 Hamburger or Cheeseburger on a Bun Oven Baked Fries Fresh or Chilled Fruit	18 Hot Dog on a Bun Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	19 Cheese Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit
22 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 Winter Picnic BBQ Grilled Chicken Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 Meatball Parm Hero Fresh Veggie Dippers Fresh or Chilled Fruit	26 Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
29 Crispy Chicken Sandwich Peas & Carrots Fresh or Chilled Fruit	30 Pretzel Dog Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	31 Breakfast For Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Potato Tots Strawberry Applesauce		

Our well-balanced lunches available for the week, average between 600-850 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 Delmy at Maschio's Food Services at: (201) 385-4857

Lunch Tickets are available in the cafeteria:
21 days @ \$2.00= \$42.00 and @ \$0.40= \$8.40
Please Make Checks Payable To:
Bergen Center Lunch Fund

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"