



# Bloomfield High School

February 2018  
Lunch Menu

Student Lunch \$2.95    Reduced Lunch \$0.40    Adult Lunch \$3.45

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

## MEDITERRANEAN BISTRO

Freshly prepared Pizza with assorted toppings  
Delicious assortment of Special Entrées

## Fast & Fresh

Assorted freshly prepared specialty Salad Meals, Wraps, and Fruit Smoothies

## Great Grillers

Grilled Favorites including Beef, Chicken, and Vegetarian options

## Deli Central

Assorted variety of deli meats and cheeses on fresh rolls, breads, and wraps with a variety of fresh toppings

## Harvest Market

Fresh Vegetables, Legume & Grain Salads, and Green Leafy Salads Available Daily

# The Main Event

Monday

Tuesday

Wednesday

Thursday

Friday



Keep your heart happy by choosing healthy options!

			1 <b>Super Bowl Celebration</b> <b>Buffalo Chicken Soft Pretzel Sticks</b> Fresh Celery Sticks Tater Tots Fresh or Chilled Fruit	2 <b>Meatball Parm Hero</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
5 <b>Meatless Monday</b> <b>Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>New Recipe!</b> <b>Southwest Turkey Flatbread with Salsa-Ranch Sauce</b> Sweet Potato Tots Fresh or Chilled Fruit	7 <b>Philly Cheesesteak Hero with Peppers &amp; Onions</b> French Fries Fresh or Chilled Fruit	8 <b>SCOOP-A-BOWL</b> <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!</b> Tortilla Chips Southwestern Corn Fresh or Chilled Fruit	9 <b>Pizza Burger on a Bun</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
12 <b>Herb Roasted Chicken</b> Dinner Roll Tater Tots Fresh or Chilled Fruit	13 <b>Breakfast for Lunch</b> <b>New Recipe!</b> <b>Breakfast Burrito Bowl with Scrambled Eggs, Turkey Bacon, Shredded Cheddar Cheese, Tater Tots, &amp; Salsa</b> Warm Biscuit Fresh or Chilled Fruit	14 <b>Valentine's Day</b> <b>Baked Ziti</b> Warm Garlic Breadstick Freshly Prepared Spring Mix Salad Strawberry Applesauce Fresh or Chilled Fruit	15 <b>Chinese New Year Celebration</b> <b>General Tso's Popcorn Chicken with Rice</b> Steamed Broccoli Mandarin Oranges Fortune Cookie	16 <b>Rodeo Burger on a Bun with Onion Rings &amp; BBQ Sauce</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
19 <b>President's Day</b> <b>School Closed</b>	20 <b>NASCAR "Race to Good Nutrition"</b> <b>Grilled Chicken Caesar Salad Wrap</b> Freshly Prepared Three Bean Salad Fresh Veggie Dippers Fresh or Chilled Fruit	21 <b>Roasted BBQ Chicken</b> Warm Biscuit Baked Beans Country Slaw Fresh or Chilled Fruit	22 <b>Tacos with Taco Meat, Shredded Cheddar Cheese</b> <b>Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	23 <b>Pizza Crunchers with Marinara Sauce</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
26 <b>Herb Roasted Chicken</b> Dinner Roll French Fries Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day</b> <b>New Recipe!</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> <b>Southwestern Slaw</b> Fresh or Chilled Fruit	28 <b>Breakfast for Lunch</b> <b>Sausage Egg &amp; Cheese on a Croissant</b> Maple Cinnamon Sweet Potato Tots Fresh or Chilled Fruit		

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!



MENU SUBJECT TO CHANGE

Questions or Concerns?  
Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
Or Call Maschio's Food Services at: 973-680-8608

