



# Bloomfield High School

January 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

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!**



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# The Main Event

Monday    Tuesday    Wednesday    Thursday    Friday

1 <b>New Year's Day</b> School Closed	2 <b>Herb Roasted Chicken</b> Dinner Roll Tater Tots Fresh or Chilled Fruit	3 <b>Rodeo Burger on a Bun with BBQ Sauce &amp; Onion Rings</b> Oven Baked Fries Fresh or Chilled Fruit	4 <b>National Spaghetti Day</b> Spaghetti Bar Choice of Meat Sauce, or Alfredo Sauce Garlic Breadstick Sautéed Green Beans 100% Juice Sorbet Fresh or Chilled Fruit	5 <b>Boneless Chicken with Gravy</b> Buttered Noodles Freshly Prepared Caesar Salad Fresh or Chilled Fruit
8 <b>Meatball Parm Hero</b> Fresh Veggie Dippers Fresh or Chilled Fruit	9 <b>Crispy Bacon Chicken Swiss on a Croissant</b> Potato Wedges Fresh or Chilled Fruit	10 <b>Breakfast For Lunch</b> Sausage, Egg & Cheese on a Croissant Hash Browns Fresh or Chilled Fruit	11 <b>National Milk Day</b> Creamy Mac & Cheese Warm Breadstick Steamed Broccoli Fresh or Chilled Fruit	12 <b>Beef &amp; Vegetable Lo Mein</b> Vegetable Egg Roll Fresh or Chilled Fruit
15 <b>Martin Luther King Jr. Day</b> School Closed	16 <b>New Recipe! Chicken Fajita Fries</b> Soft Pretzel Sticks Black Bean & Corn Salad Fresh or Chilled Fruit	17 <b>Pizza Burger on a Bun with Mozzarella Cheese &amp; Marinara Sauce</b> Emoji Fries Fresh Cucumber Dippers Fresh or Chilled Fruit	18 <b>Hot Turkey Sandwich with Gravy</b> Green Beans Fresh or Chilled Fruit	19 <b>Chicken Fried Rice</b> Stir-Fry Vegetables Fresh or Chilled Fruit Fortune Cookie
22 <b>Grilled Ham &amp; Cheese Melt on a Pretzel Bun</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	23 <b>Taco Tuesday</b> Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	24 <b>Winter Picnic</b> BBQ Grilled Chicken & Cheddar Cheese Sandwich Country Slaw Baked Beans Fresh or Chilled Fruit	25 <b>All-Natural Beef Hot Dog on a Bun with Assorted Toppings</b> French fries Fresh or Chilled Fruit	26 <b>Sweet Chili Beef and Noodle Bowl with Green Beans</b> Fresh or Chilled Fruit
29 <b>New Recipe! Chicken Cheesesteak Hero</b> Spiral Fries Fresh or Chilled Fruit	30 <b>Breakfast for Lunch</b> Bacon, Egg, & Cheese Sandwich Maple Cinnamon Sweet Potato Tots Strawberry Applesauce Fresh or Chilled Fruit	31 <b>Pasta Alfredo with Chicken and Broccoli</b> Garlic Bread Fresh or Chilled Fruit		

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



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