

Blairstown Elementary School

April 2018 Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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	\$2.85
Extra Entrée	\$1.95
Reduced Lunch	\$0.40
Adult Lunch	\$3.85

Maschio's Swap Outs

Monday: Cheeseburger on a Bun

Tuesday: Mini Pizza Bagels

Wednesday: Chicken Nuggets with Dinner Roll

Thursday: Grilled Cheese Sandwich

Friday: Mini Corn Dogs

Maschio's Swap Outs Available Daily

- Cereal Bag Meal
- Bagel Bag Meal
- Chicken Caesar Salad
- Turkey and Cheese Sandwich

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	Spring Recess! School Closed			<p>5</p> <p>Chicken Patty on a Bun Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>
<p>9</p> <p>Chicken Tenders Buttered Noodles Vegetable Medley Fresh or Chilled Fruit</p>	<p>10</p> <p style="color: purple;">Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit</p>	<p>11</p> <p>Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>12</p> <p>Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit</p>	<p>13</p> <p>Frank's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>16</p> <p style="color: purple;">Meatless Monday Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit</p>	<p>17</p> <p style="color: purple;">Breakfast for Lunch New Items! Cinnamon French Toast Sticks Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit Guava Strawberry Flip</p>	<p>18</p> <p>Grilled BBQ Chicken Sandwich Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit</p>	<p>19</p> <p>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>20</p> <p>Frank's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
Eat the Colors of the Rainbow Week				
<p>23</p> <p>Corn Dog Nuggets Vegetarian Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit</p>	<p>24</p> <p style="color: green;"><i>Lucky Tray Day</i> </p> <p>Bacon, Egg and Cheese on a Croissant Oven Baked Fries Fresh or Chilled Fruit</p>	<p>25</p> <p>Lasagna Roll Up Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit</p>	<p>26</p> <p style="color: purple;">National Pretzel Day Ham & Cheese Melt on Flatbread Emoji Fries Fresh or Chilled Fruit</p>	<p>27</p> <p>Frank's Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit</p>
<p>30</p> <p>Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>				

Our well-balanced lunches available for the week, average between **600-650 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 Maschio's Food Services at: 908-362-6111 x108

MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"