



# Blairstown Elementary School

## April 2017 Lunch Menu

Healthy Meals Grow Healthy Kids!

### Mac's Nutrition News

This month, we are challenging you to focus on "Eating the Colors of the Rainbow." You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

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	\$2.75
Extra Entrée w/Lunch	\$1.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.55

# MASCHIO'S MAIN EVENT

### Maschio's Swap Outs


**Monday:** Cheeseburger on a Bun  
**Tuesday:** Mozzarella Sticks with Dinner Roll  
**Wednesday:** Chicken Nuggets with Dinner Roll  
**Thursday:** Grilled Cheese Sandwich  
**Friday:** Hot Dog on a Bun

Maschio's Swap Outs Available Daily

Cereal Bag Meal  
Bagel Bag Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <b>Pretzel Hot Dog</b> Battered French Fries 100% Juice Sorbet <b>Opening Day</b>	<b>4</b> <b>Fiesta Chicken Nacho Platter</b> with Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	<b>5</b>  <b>Baked Ziti</b> Garlic Bread Green Beans Italiano Fresh or Chilled Fruit	<b>6</b> <b>New Item!</b> <b>Breakfast for Lunch</b> <b>Pancakes with Warm Berry Compote</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	<b>7</b> <b>Frank's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>10</b> <b>Crispy Chicken Sandwich</b> Smile Fries Fresh or Chilled Fruit	<b>11</b>  <b>Macaroni and Cheese Bar</b> with your choice of Assorted Toppings Pretzel Stick Green Beans Fresh or Chilled Fruit	<b>12</b> <b>Pierogis with Marinara Sauce</b> Dinner Roll Green Beans Fresh or Chilled Fruit	<b>13</b> <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Fresh or Chilled Fruit	<b>14</b> <b>School Closed</b>
<b>17</b> <b>School Closed</b>	<b>18</b> <b>School Closed</b>	<b>19</b> <b>School Closed</b>	<b>20</b> <b>School Closed</b>	<b>21</b> <b>School Closed</b>
Spring Recess! School Closed				
<b>24</b> <b>Popcorn Chicken</b> Warm Breadstick Tater Tots Fresh Celery Dippers Fresh or Chilled Fruit	<b>25</b> <b>Hot Turkey &amp; Cheese Croissant Sub</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit <b>Earth Day</b>	<b>26</b> <b>Hot Roast Beef Sandwich on a Roll with Gravy</b> Smile Fries Fresh or Chilled Fruit <b>Heartzels Pretzels</b> <b>National Pretzel Day</b>	<b>27</b> <b>Meatball Parm Hero</b> Sautéed Green Beans Fresh or Chilled Fruit	<b>28</b> <b>Frank's Pizza</b> Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit





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

 Check us out on Facebook : Maschio's Food Services, Inc.

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](http://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"