

December 2018

Blairstown Elementary School Lunch

Student Lunch: \$2.85 Reduced Lunch: \$0.40 Adult Lunch: \$3.85

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

3	4	5	6	7
<ul style="list-style-type: none"> • Chicken Nuggets • Dinner Roll • Mashed Potatoes • Green Beans • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Cheeseburger on a Bun 	<ul style="list-style-type: none"> • Beef Burrito Bowl • Southwestern/Fiesta Corn • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> • Classic Mac & Cheese or Buffalo Chicken Mac & Cheese • Soft Pretzel Stick • Roasted Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Grilled Cheese Sandwich 	<ul style="list-style-type: none"> • Rodeo Burger on a Bun • Crinkle Cut French Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Beef Hot Dog on a Bun

10	11	12	13	14
<ul style="list-style-type: none"> • New Recipe! • Breaded Ravioli with Marinara Sauce • Twisted Cheese Breadstick • Fresh Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Cheeseburger on a Bun 	<ul style="list-style-type: none"> • Breakfast for Lunch • French Toast Sticks • Breakfast Sausage • Sweet Potato Matchstick Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> • Philly Chicken • Cheesesteak or Buffalo Philly Chicken • Cheesesteak with Peppers & Onions • Country Slaw • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Grilled Cheese Sandwich 	<ul style="list-style-type: none"> • Grilled Cheese Sandwich with Bacon • Tomato Soup • Cucumber Coins • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Beef Hot Dog on a Bun

17	18	19	20	21
<ul style="list-style-type: none"> • Beef Hot Dog on a Bun • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Cheeseburger on a Bun 	<p>HOLIDAY MEAL</p> <ul style="list-style-type: none"> • Country Chicken & Stuffing Bowl • Steamed Corn • Maschio's Lemon/Cherry Frozen Sorbet • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Pizza Crunchers with Marinara 	<ul style="list-style-type: none"> • Triple Tacos with Taco Meat , Shredded Cheddar Cheese , Lettuce & Tomatoes , and Salsa • Steamed Rice • Steamed Corn • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Grilled Cheese Sandwich 	<ul style="list-style-type: none"> • Bacon Cheeseburger/ Cheddar Burger on a Bun • Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Chicken Tenders with a Dinner Roll 	<ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out <ul style="list-style-type: none"> • Beef Hot Dog on a Bun

24	25	26	27	28
Holiday Break - No School	Holiday Break - No School	Holiday Break - No School	Holiday Break - No School	Holiday Break - No School

31
New Years Eve - No School



Daily Swap Outs: Bagel Bag, Cereal Bag, Chicken Caesar Salad

All Meals Served 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.

Nutrition Info K-8 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!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

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