

# Blairstown Elementary School

## December 2017 Lunch Menu

**NUTRITION NEWS:** With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>HAPPY HOLIDAYS</b>			1 <b>Half Day Frank's Pizza</b> Freshly Prepared Caesar Salad Fresh Apple
4 <b>Half Day Grilled BBQ Chicken Sandwich</b> Baked Beans Fresh or Chilled Fruit	5 <b>Taco Tuesday Twin Tacos</b> with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes & Salsa Steamed Rice Corn Fresh or Chilled Fruit	6 <b>Assorted Pizza Choices</b> Baked Fries Fresh or Chilled Fruit	7 <b>Grilled Ham &amp; Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	8 <b>Frank's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
11 <b>Chicken Nuggets</b> Confetti Rice Steamed Peas Fresh or Chilled Fruit	12  <b>Pretzel Dog</b> Vegetarian Beans Fresh or Chilled Fruit	13 <b>Breakfast For Lunch</b> <b>Egg, Sausage and Cheese on a Bun</b> Warm Cinnamon Apples	14 <b>Hamburger or Cheeseburger on a Bun</b> Baked Fries Fresh or Chilled Fruit	15 <b>Frank's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
18 <b>Grilled Chicken Club on a Bun</b> w/ Lettuce and Tomato Baked Fries Fresh or Chilled Fruit	19 <b>BBQ Pork on a Bun</b> Potato Wedges Fresh or Chilled Fruit	20 <b>Holiday Meal</b> <b>Cheese Lasagna Rollup</b> with Marinara Sauce Broccoli Italiano Fresh or Chilled Fruit Holiday Pretzel	21 <b>First Day of Winter</b>  Fajita Chicken, Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	22 <b>Frank's Pizza</b> Caesar Salad Fresh or Chilled Fruit
25	26	27	28	29
<b>Enjoy your Winter Break &amp; Have a Happy New Year!</b>				

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"