

Blairstown Elementary School

June 2018 Lunch Menu

NUTRITION NEWS: Did you know June is National Dairy Month? Dairy is important because it contains nine essential nutrients, including vitamin D and calcium. Try to get three servings of dairy per day to get the nutrients you need to build strong bones! Incorporate dairy into your diet by creating a delicious Greek yogurt dip or sprinkle some low-fat cheese on top of your spinach salad. We've got you covered at lunch as your meal always comes with a milk option.

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: Pizza Crunchers w/Marinara

Wednesday: Chicken Tenders 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

Chef Salad w/Dinner Roll

Italian Sub with Lettuce and Tomato

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
enjoy your Summer Vacation!				
<p>4 Chicken Nuggets Dinner Roll Steamed Vegetables Fresh or Chilled Fruit</p>	<p>5 Hamburger or Cheeseburger on a Bun Baked Fries Fresh or Chilled Fruit</p>	<p>6 Chicken & Cheese Quesadilla with Shredded Lettuce, Diced Tomatoes, & Salsa Southwestern Corn Fresh or Chilled Fruit</p>	<p>7 Pasta with Meat Sauce Garlic Bread Cucumbers Coins Fresh or Chilled Fruit</p>	<p>1 Half Day Frank's Pizza Baked Fries Fresh or Chilled Fruit</p>
<p>11 Grilled Cheese Sandwich Steamed Vegetables Fresh or Chilled Fruit</p>	<p>12 Nacho Platter with Turkey Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>13 Pasta Alfredo with Garden Vegetables Garlic Breadstick Fresh or Chilled Fruit</p>	<p>14 Creamy Mac & Cheese Soft Pretzel Stick Green Beans Fresh or Chilled Fruit</p>	<p>8 Frank's Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</p>
<p>18 Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit</p>	<p>19 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit</p>	<p>20 Half Day Ham & Cheese Melt on a Croissant Emoji Fries Fresh or Chilled Fruit</p>	<p>21 Half Day Sweet & Sour Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit</p>	<p>15 Frank's Pizza Fresh Veggie Dippers Fresh or Chilled Fruit</p>
<p>25 Half Day CLASSROOM PARTIES LAST DAY OF SCHOOL</p>	<p>22 Half Day Frank's Pizza Baked Fries Fresh or Chilled Fruit</p>		<p> FUN and SUN</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"