

January 2019

Blairstown Elementary School Lunch

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day - No School	2 Bacon & Cheese on a Roll • Hash Brown Rounds • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Grilled Cheese Sandwich	3 • Chicken Tenders • Dinner Roll • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out Chicken Tenders with a Dinner Roll	4 Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Beef Hot Dog on a Bun
7 • Crispy Chicken, Bacon & Swiss Croissant • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Cheeseburger on a Bun	8 Brunch for Lunch • Cheese Omelet • Cinnamon Twist Hash Brown Rounds • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Pizza Crunchers with Marinara	9 • Sweet Chili Chicken Rice Bowl • Steamed Broccoli • Fortune Cookie • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Grilled Cheese Sandwich	10 • Chicken Fajitas • Steamed Rice • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out Chicken Tenders with a Dinner Roll	11 Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Beef Hot Dog on a Bun
14 • Chicken Nuggets • Dinner Roll • Mashed Potatoes • Green Beans • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Cheeseburger on a Bun	15 • Beef Burrito Bowl • Southwestern/Fiesta Corn • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Pizza Crunchers with Marinara	16 • Classic Mac & Cheese or Buffalo Chicken Mac & Cheese • Soft Pretzel Stick • Roasted Vegetables • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Grilled Cheese Sandwich	17 • Rodeo Burger on a Bun • Crinkle Cut French Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out Chicken Tenders with a Dinner Roll	18 Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Beef Hot Dog on a Bun
21 • Breaded Ravioli with Marinara Sauce • Twisted Cheese Breadstick • Fresh Veggie Dippers • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Cheeseburger on a Bun	22 Breakfast for Lunch • French Toast Sticks • Breakfast Sausage • Sweet Potato Matchstick Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Pizza Crunchers with Marinara	23 • Philly Chicken Cheesesteak or Buffalo Philly Chicken • Cheesesteak with Peppers & Onions • Country Slaw • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Grilled Cheese Sandwich	24 • Grilled Cheese Sandwich with Bacon • Tomato Soup • Cucumber Coins • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out Chicken Tenders with a Dinner Roll	25 Frank's Pizza • Freshly Prepared Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Beef Hot Dog on a Bun
28 • BBQ Pulled Pork Sandwich • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Cheeseburger on a Bun	29 Brunch for Lunch • Breakfast Pizza • Hash Brown Rounds Maschio's Lemon/Cherry Frozen Sorbet • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out • Pizza Crunchers with Marinara	30 • 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 • Grilled Cheese Sandwich	31 • Bacon Cheeseburger/ Cheddar Burger on a Bun • Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety Swap Out Chicken Tenders with a Dinner Roll	



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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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