



# Blairstown Elementary School

## May 2017 Lunch Menu

Healthy Meals Grow Healthy Kids

### Mac's Nutrition News

Enjoy the nice spring weather and celebrate National BBQ Month with your friends and family!

Try a variety of grilled fruits and vegetables such as corn, zucchini, bell peppers, eggplant, Portobello mushrooms, asparagus, peaches, pineapples, apples, and more!

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



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>BBQ Baked Chicken</b> Smile Fries Fresh or Chilled Fruit	<b>2</b> <b>Macaroni and Cheese</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>3</b> <b>New Item!</b> <b>Wafflelicious Wednesday</b> <b>Waffles with Warm Berry Compote</b> Breakfast Sausages Sweet Potato Waffle Fries Fresh or Chilled Fruit	<b>4</b> <b>STAR WARS DAY</b> <b>Grilled Cheese and Ham Solo Sandwich</b> Vader Tater Tots Galaxy Swirl Sorbet	<b>5</b> <b>New Items!</b> <b>CINCO DE MAYO</b> <b>Frank's Pizza</b> Southwestern Corn Fresh or Chilled Fruit Warm Cinnamon Churro School Lunch Hero Day
<b>8</b> <b>China</b> <b>Sweet and Sour Chicken over Rice</b> Broccoli Mandarin Oranges	<b>9</b> <b>Mexico</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa</b> Steamed Rice Steamed Corn Fresh or Chilled Fruit	<b>10</b> <b>Germany</b> <b>All Beef Frankfurter on a Bun</b> Potato Wedges Applesauce	<b>11</b> <b>America</b> <b>Hamburger or Cheeseburger on a Bun</b> Sweet Potato Crinkle Fries Home-Style Apple Crisp <b>National BBQ Month</b>	<b>12</b> <b>Italy</b> <b>Frank's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
<b>15</b> <b>Chicken Nuggets</b> Dinner Roll Vegetable Medley Fresh or Chilled Fruit	<b>16</b> <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	<b>17</b> <b>Lucky Tray Day</b> <b>Mini Cheese Calzones with Marinara Sauce</b> Italian House Salad Fresh or Chilled Fruit	<b>18</b> <b>Breakfast for Lunch</b> <b>Bacon, Egg and Cheese Sandwich</b> Smile Fries Fresh or Chilled Fruit	<b>19</b> <b>Half Day</b> <b>Frank's Pizza</b> Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>22</b> <b>Popcorn Chicken</b> Confetti Rice Steamed Carrots Fresh or Chilled Fruit	<b>23</b> <b>Hot Roast Beef Sandwich on a Roll w/Gravy</b> Mashed Potatoes Corn Fresh or Chilled Fruit	<b>24</b> <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	<b>25</b> <b>SCOOP-A-BOWL</b> <b>with Turkey Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, and Salsa</b> Tostitos SCOOPS! <sup>®</sup> Tortilla Chips Steamed Corn Fresh or Chilled Fruit	<b>26</b> <b>Frank's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
<b>29</b> <b>Memorial Day</b> <b>School Closed</b> 	<b>30</b> <b>Hamburger or Cheeseburger on a Bun</b> Baked Fries Fresh or Chilled Fruit	<b>31</b> <b>Chicken &amp; Cheese Quesadilla</b> Tomato Soup Cucumber Coins Fresh or Chilled Fruit	 <b>Celebrate World Food Week!</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!**

MENU SUBJECT TO CHANGE



Questions or Concerns?  
 Please Visit [www.MaschioFood.com](http://www.MaschioFood.com)  
 or Call Maschio's Food Services at: 908-362-6111 x108

"This institution is an equal opportunity provider"