

Blairstown Elementary School

May 2018 Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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: Mini Corn Dogs

Maschio's Swap Outs Available Daily

Cereal Bag Meal
 Bagel Bag Meal
 Chef Salad w/Dinner Roll
 Turkey and Cheese Sandwich

Connect with us!   



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hamburger or Cheeseburger on a Bun Confetti Fries Fresh or Chilled Fruit National Hamburger Month	2 Breakfast for Lunch Waffles with Strawberry Compote Breakfast Sausages Emoji Fries Fresh or Chilled Fruit	3 CINCO DE MAYO Celebration Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 STAR WARS DAY Frank's Pizza Chewbacca Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day
7 Chicken Nuggets Dinner Roll Vegetable Medley Fresh or Chilled Fruit	8 CHEF DAY! Pre-K—2nd Grade: Italian Hero with Lettuce & Tomatoes 3rd-6th Grade: Make Your Own Sub with Lettuce, Tomatoes, & Assorted Toppings Sandwiches are Served with: Carrot Sticks, Baked Chips and Pickles Fresh or Chilled Fruit	9 Meatball Parm Sub Baked Fries Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Frank's Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Meatless Monday Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	16 Lucky Tray Day Chicken Sticks with Waffle Sticks Maple Cinnamon Sweet Potatoes Fresh or Chilled Fruit	17 Cheese Quesadilla with Salsa Southwestern Corn Fresh or Chilled Fruit National Salsa Month	18 Frank's Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
21 Crispy Chicken BLT Sandwich Baked Fries Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Creamy Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	24 Breakfast for Lunch Pancakes Breakfast Sausages Maple Cinnamon Sweet Fresh or Chilled Fruit	25 Frank's Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
28 Memorial Day  School Closed	29 Breakfast for Lunch Bacon, Egg and Cheese on a Croissant Emoji Fries Fresh or Chilled Fruit	30 Chicken Parm with Pasta Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Walking Beef Nachos w/Doritos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, & Salsa Rice Steamed Corn Fresh or Chilled Fruit	

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"