

# Blairstown Elementary School

## October 2017 Lunch Menu

Cook Up your own Recipe for Success during National School Lunch Week!

This month we are asking **you** to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card.

Each winner's recipe creation will be featured on the January Menu!

<p>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</p>	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:** Mozzarella Sticks with Dinner Roll
- Wednesday:** Chicken Nuggets with Dinner Roll
- Thursday:** Grilled Cheese Sandwich
- Friday:** All Beef Hot Dog on a Bun


### 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
2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit	3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit	4 <b>National Taco Day!</b> Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Corn Fresh or Chilled Fruit	5 <b>BBQ Grilled Chicken Sandwich</b> Country Slaw Vegetarian Baked Beans Strawberry Applesauce	6 <b>Frank's Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
9 <b>School Closed</b>	10 <b>Pasta with Meatballs</b> Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	11 <b>Breakfast for Lunch</b> <b>French Toast Sticks</b> Breakfast Sausage Hash Browns Fresh or Chilled Fruit	12 <b>New Recipe!</b> #Throwback Thursday <b>Cheeseburger Mac &amp; Cheese</b> Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit	13 <b>Frank's Pizza</b> Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
16 <b>Crispy Chicken BLT on a Roll</b> Fresh Cucumber Coins Fresh or Chilled Fruit	17 <b>All Natural Beef Hot Dog on a Bun</b> French Fries Fresh or Chilled Fruit	18 <b>SCOOP-A-BOWL</b> Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	19 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	20 <b>Frank's Pizza</b> Locally Grown Veggie Dippers Fresh or Chilled Fruit
23 <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	24 <b>New Recipe!</b> <b>Chicken Fried Rice</b> Steamed Vegetables Mandarin Oranges Fortune Cookie	25 <b>Pasta with Meat Sauce</b> Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	26 <b>Chicken Nuggets</b> Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>Frank's Pizza</b> Freshly Prepared Italian House Salad Fresh or Chilled Fruit
30 <b>New Item!</b> <b>Chicken Tenders Basket</b> Smile Fries Pumpkin Pretzel Fresh or Chilled Fruit	31 <b>HALLOWEEN Turkey Corn Dog Nuggets</b> Sweet Potato Tots 100% Juice Orange Sorbet			

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"