



Blairstown Elementary School Lunch

MONDAY

1

- Sausage, Egg, & Cheese on a Bun
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

TUESDAY

2

- Mini Chicken Tacos
- Black Bean and Corn Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

WEDNESDAY

3

- Assorted Muffins with Yogurt and a Cheese Stick
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

THURSDAY

4

- Cheeseburger on a Bun
- French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

FRIDAY

5

- Pizzaboli
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

- Confetti Pancakes
- Breakfast Sausage
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

9

- Beef Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Baked Tostitos Scoops
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

10

- Cereal Bag w/ Yogurt
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

11

- Chicken Tenders
- French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

12



15

Presidents Day - No School

16

- walking Taco Bento Nacho Cheese Doritos
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

17

- Bagel Bag w/ Yogurt & Cheese
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

18

- Bacon Cheddar Cheeseburger
- French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

19

- Twisted Cheesy Breadsticks with Marinara Sauce
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

22

- Mini French Toast Bites
- Breakfast Sausage
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

23

- Mini Chicken Tacos
- Black Bean and Corn Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

24

- Assorted Muffins with Yogurt and a Cheese Stick
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

25

- BBQ Chicken Tenders
- Seasoned French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

26

- Cheese Pizza
- Assorted Fresh Bagged Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

Student Lunch: \$3.05, Reduced Lunch: \$0.00, Adult Lunch: \$3.85

All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggie Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.

Menus are Subject to Change Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available 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.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

Nutrition Info K-5. Our well-balanced lunches available for the week, average between 550-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates 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.



QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!