



October 2022

Blairstown Elementary School

Lunch

MONDAY

3

- Crispy Chicken BLT on a Croissant
- Fresh Veggie Dippers

TUESDAY

4



- Triple Beef Tacos with Rice, Shredded Cheddar Cheese, Lettuce, Tomato and Salsa
- Black Bean and Corn Salad

WEDNESDAY

5

- Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce
- Italian Green Beans

THURSDAY

6

- BBQ Pulled Pork Sandwich
- Spiral Fries

FRIDAY

7



- Franks Pizza
- Freshly Prepared Spring Mix Salad

10



NO SCHOOL

11

- BBQ Chicken Cheddar Melt
- Seasoned Sweet Potato Waffle Fries
- Country Coleslaw
- Strawberry Lemonade Sorbet

12

- Emoji Waffles
- Mixed Berry Compote
- Breakfast Sausages
- Hash Browns

13

- All Natural Beef Hot Dog on a Bun
- BBQ Baked Beans
- Corn on the Cob

14



- Franks Pizza
- Cucumber, Tomato & Basil Salad

17



- Creamy Mac & Cheese with Assorted Toppings
- Herb Breadstick
- Sauteed Broccoli

18



- Chicken Tenders
- Soft Pretzel Stick
- Ranch Fries

19

- Meatball Parm Sub
- Fresh Veggie Dippers

20



- Sweet and Sour Popcorn Chicken
- Vegetable Fried Rice
- Stir-Fry Vegetables
- Vegetable Egg Roll

21



- Franks Pizza
- Freshly Prepared Spring Mix Salad
- Apple Crisp

24

- Hamburger on a Bun or Cheeseburger on a Bun
- Sweet Potato Fries

25



- Pasta with Meat Sauce
- Vegetable Medley
- Garlic Bread

26

- Twisted Cheesy Breadsticks with Marinara Sauce
- Freshly Prepared Caesar Salad

27



- Egg, Sausage and Cheese on a Croissant
- Hash Browns

28



- Franks Pizza
- Maschio's House Salad

31



- Popcorn Chicken Mashed Potato Bowl with Corn, Shredded Cheddar Cheese, and Gravy
- Pumpkin Pretzel
- Local Fresh Apple

- Student Lunch: \$3.20
- Reduced Lunch: \$0.00
- Adult Lunch: \$3.85

*Menu is Subject to Change

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 100% Fruit Juice, Variety of Vegetables from our Harvest Market, 1% White Milk, Fat Free Chocolate Milk



QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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Healthy meals grow
healthy kids!

Daily Swap Outs: Monday: Cereal Bag, Tuesday: Bagel Bag, Wednesday: Muffin Bag, Thursday: Cereal Bag, Friday: Bagel Bag

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