



September 2019

Blairstown Elementary School
Lunch

Student Lunch: \$2.95 Reduced Lunch: \$0.40 Adult Lunch: \$3.85

MONDAY

2



Labor Day - No School

TUESDAY

3



- Hamburger on a Bun or Cheeseburger on a Bun
- Emoji Fries
- Apple Slices
- Swap Out
- Pizza Crunchers with Marinara

WEDNESDAY

4

- Popcorn Chicken
- Soft Pretzel Stick
- Freshly Prepared Veggie Dippers
- Swap Out
- Grilled Cheese Sandwich

THURSDAY

5

- Pancakes □
- Breakfast Sausages
- Sweet Potato Waffle Fries
- Fruit Compote
- Swap Out
- Chicken Tenders with a Dinner Roll

FRIDAY

6

- Franks Pizza
- Freshly Prepared Italian House Salad
- Maschio's Lemon/Cherry Frozen Sorbet
- Swap Out
- Beef Hot Dog on a Bun



9

- Crispy Chicken Sandwich with Lettuce & Tomatoes
- Freshly Prepared Veggie Dippers
- Swap Out
- Cheeseburger on a Bun

10

- Beef Twin Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Steamed Rice
- Southwestern/Fiesta Corn
- Swap Out
- Pizza Crunchers with Marinara

11

- Pasta with Meat Sauce
- Garlic Bread
- Italiano Green Beans
- Swap Out
- Grilled Cheese Sandwich

12

- All-Natural Beef Hot Dog on a Bun
- Oven Baked Onion Rings
- BBQ Baked Beans
- Swap Out
- Chicken Tenders with a Dinner Roll

13

- Franks Pizza
- Freshly Prepared Italian House Salad
- Maschio's Lemon/Cherry Frozen Sorbet
- Swap Out
- Beef Hot Dog on a Bun

16

- Chicken Nugget Basket with Tater Tots and Soft Pretzel Stick
- Swap Out
- Cheeseburger on a Bun

17

- Grilled Cheese Sandwich
- Tomato Soup
- Cucumber Coins
- Swap Out
- Pizza Crunchers with Marinara

18

- Waffles
- Breakfast Sausages
- Hash Browns
- Strawberry Applesauce
- Swap Out
- Grilled Cheese Sandwich

19

- Sweet and Sour Popcorn Chicken with Rice
- Steamed Broccoli
- Fortune Cookie □
- Swap Out
- Chicken Tenders with a Dinner Roll

20

- Franks Pizza
- Freshly Prepared Italian House Salad
- Maschio's Lemon/Cherry Frozen Sorbet
- Swap Out
- Beef Hot Dog on a Bun

23

- Grilled Chicken Sandwich
- Country Slaw
- Jersey Fresh Pepper Dippers
- Swap Out
- Cheeseburger on a Bun

24

- Sausage, Egg, & Cheese on a Croissant Bun ☺
- Hash Browns
- Jersey Fresh Watermelon 🍉
- Swap Out
- Pizza Crunchers with Marinara

25

- Creamy Mac & Cheese
- Soft Pretzel Stick
- Freshly Prepared Cucumber Coins
- Jersey Fresh Apple 🍏



Farm To School Week

- Swap Out
- Grilled Cheese Sandwich

26

- Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa
- Steamed Rice
- Black Bean and Corn Salad
- Swap Out
- Chicken Tenders with a Dinner Roll

27

- Franks Pizza
- Freshly Prepared Italian House Salad
- Maschio's Lemon/Cherry Frozen Sorbet
- Swap Out
- Beef Hot Dog on a Bun

30**1****2****3****4**

- Popcorn Chicken
- Dinner Roll
- Peas & Carrots

Swap Out

- Cheeseburger on a Bun

Daily Swap Outs: Bagel Bag, Cereal Bag, Chicken Caesar Salad

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.

Nutrition Info K-8 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!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels 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.

More Details: blirstownelem.nutrislice.com/menu/blirstown-elementary-school/lunch/

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