




# DECEMBER

## December 2021

Blairstown Elementary School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<ul style="list-style-type: none"> <li>• Student Lunch: \$0.00</li> <li>• Reduced Lunch: \$0.00</li> <li>• Adult Lunch: \$3.85</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Taco Scoop-A-Bowl</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Warm Biscuit</li> <li>• Crinkle Cut French Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Frank's Pizza</li> <li>• Maschio's House Salad</li> </ul>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<ul style="list-style-type: none"> <li>• Grilled Chicken BLT On Croissant</li> <li>• Maple Cinnamon Carrots</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pizza Crunchers with Marinara Sauce</b> </li> <li>• Garlic Breadstick</li> <li>• Sauteed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Dog on a Bun</li> <li>• Oven Baked French Fries </li> <li>• Vegetarian Baked Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Creamy Mac &amp; Cheese</li> <li>• Mini Cornbread Loaf</li> <li>• Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Frank's Pizza</li> <li>• Cucumber Coins</li> </ul>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<ul style="list-style-type: none"> <li>• French Toast Sticks</li> <li>• Cheese Omelet</li> <li>• Breakfast Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Cheddar Burger on a Bun</li> <li>• Sweet Potato Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Parm with Pasta</li> <li>• Garlic Breadstick</li> <li>• Sauteed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Turkey with Gravy OR Pulled Citrus Turkey with Gravy</li> <li>• Mini Cornbread Loaf</li> <li>• Mashed Potatoes</li> <li>• Maple Cinnamon Carrots</li> <li>• Whole Grain Sugar Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Frank's Pizza</li> <li>• Freshly Prepared Garden Salad</li> </ul>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<ul style="list-style-type: none"> <li>• Chicken Nuggets</li> <li>• Soft Pretzel Stick</li> <li>• Crinkle Cut French Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Cheese Quesadilla served with Salsa and Sour Cream</li> <li>• Local Street Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Frank's Pizza</li> <li>• Vegetable Medley</li> </ul>	Holiday Break	Holiday Break	Holiday Break
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	New Year's Eve	

Foods marked by a  on this menu have incomplete special diet info.

 Scoop a Bowl,  Banana

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**\*Menu is Subject to Change**

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. 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](http://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!*

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 1% White Milk, Fat Free Chocolate Milk

Pre-K Lunch Served with Choice of: Assorted Chilled Fruit, Fresh Fruit, 1% White Milk, Fat Free White Milk

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