



# SEPTEMBER

## Blairstown Elementary School

## Lunch

### MONDAY

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

### TUESDAY

*All Meals Served All Meals are Served with the Vegetable of the Day, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice Where Available*

### WEDNESDAY

**1**  
No School

### THURSDAY

**2**  
No School

### FRIDAY

**3**  
No School

**6**



Day

**7**

- New Item!
- Turkey Bacon Cheddar Burger
  - Oven Baked Sweet Potato Fries
  - BBQ Baked Beans
  - Strawberry Lemonade Sorbet
  - Milk Variety

**8**

- Breakfast for Lunch!
- Mini Waffles
  - Breakfast Sausages
  - Tater Tots
  - Assorted Fresh or Chilled Fruit
  - Milk Variety
  - Bagel Bag Meal

**9**

- Grilled Cheese Sticks
- Tomato Soup
- Fresh Veggie Dippers
- Assorted Fresh or Chilled Fruit
- Milk Variety

**10**

- Franks Pizza
- Freshly Prepared Garden Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety or

**13**

- Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce
- Italian Green Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

**14**

- New Recipe!
- Crispy Chicken Sliders
  - Fresh Veggie Dippers
  - Assorted Fresh or Chilled Fruit
  - Milk Variety

**15**

- Italian Sub or Hoagie
- Country Slaw
- Assorted Fresh or Chilled Fruit
- Milk Variety

**16**

- Sweet & Sour Chicken
- Steamed Rice
- Steamed Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

**17**

- Franks Pizza
- Cucumber Coins
- Assorted Fresh or Chilled Fruit
- Milk Variety

**20**

- Crispy Chicken Sandwich
- Local Tomato Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

**21**

- New Recipe!
- Philly Cheesesteak Wrap with Sauteed Peppers & Onions
  - Local Fresh Pepper Dippers
  - Assorted Fresh or Chilled Fruit
  - Milk Variety

**22**

- Breakfast for Lunch!
- French Toast Sticks
  - Breakfast Sausage
  - Tater Tots
  - Local Blueberry Compote
  - Assorted Fresh or Chilled Fruit
  - Milk Variety

**23**

- Triple Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Steamed Rice
- Black Bean and Corn Salad with Local Fresh Herbs
- Assorted Fresh or Chilled Fruit
- Milk Variety

**24**

- Franks Pizza
- Local Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

**27**

- Johnny Appleseed Day Celebration!
- Creamy Mac & Cheese
  - Mini Cornbread Loaf
  - Green Bean Salad
  - Local Fresh Apple
  - Milk Variety

**28**

- New Recipe!
- Rodeo Burger on a Bun with Onion Rings & BBQ Sauce
  - Seasoned Potato Wedges
  - Assorted Fresh or Chilled Fruit
  - Milk Variety

**29**

- Cheese Lasagna Roll-Up with Marinara Sauce
- Herb Breadstick
- Sauteed Spinach
- Assorted Fresh or Chilled Fruit
- Milk Variety

**30**

- New Recipe!
- Chicken Tender Churro Basket with Honey Sriracha Sauce and Sweet Potato Fries
  - Assorted Fresh or Chilled Fruit
  - Milk Variety

Nutrition Info K-9. 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 Nutrilice 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 Nutrilice 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!*

Maschio's Daily Swap Outs Monday: Muffin Bag, Tuesday: Ham and Cheese Sandwich, Wednesday: Bagel Bag, Thursday: Ham and Cheese Sandwich, Friday: Cereal Bag