











JANUARY

January 2022

Blairstown Elementary School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<ul style="list-style-type: none"> • Student Lunch: \$0.00 • Reduced Lunch: \$0.00 • Adult Lunch: \$3.85 	1 New Year's Day
3 <ul style="list-style-type: none"> • Popcorn Chicken • Dinner Roll • Crinkle Cut French Fries 	4 <ul style="list-style-type: none"> • Hot Dog on a Bun • Oven Baked French Fries 	5 <ul style="list-style-type: none"> • Creamy Mac & Cheese • Mini Cornbread Loaf • Steamed Broccoli 	6  <ul style="list-style-type: none"> • Emoji Waffles • Blueberry Compote • Breakfast Sausages • Tater Tots 	7  <ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Spring Mix Salad 	8
10  <ul style="list-style-type: none"> • Grilled Cheese Sandwich • Crinkle Cut French Fries • Fresh Veggie Dippers 	11  <ul style="list-style-type: none"> • Triple Beef Tacos with Rice, Shredded Cheddar Cheese, Lettuce, Tomato and Salsa • Fiesta Corn 	12 <ul style="list-style-type: none"> • Hamburger on a Bun or Cheeseburger on a Bun • Sweet Potato Fries 	13  <ul style="list-style-type: none"> • Chicken Nuggets • Soft Pretzel Stick • Tater Tots 	14  <ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Spring Mix Salad 	15
17 MLK Day	18 <ul style="list-style-type: none"> • Crispy Chicken Sliders • Crinkle Cut French Fries 	19 <ul style="list-style-type: none"> • Creamy Mac & Cheese • Mini Cornbread Loaf • Maple Cinnamon Carrots 	20 <ul style="list-style-type: none"> • Teriyaki Chicken • Steamed Rice • Steamed Broccoli 	21  <ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Garden Salad 	22
24 <ul style="list-style-type: none"> • Pizzaboli • Freshly Prepared Caesar Salad 	25  <ul style="list-style-type: none"> • Beef Taco Scoop-A-Bowl • Black Bean and Corn Salad 	26 <ul style="list-style-type: none"> • Grilled Chicken BLT on a Croissant or Crispy Chicken BLT on a Croissant • Spiral Fries 	27 <ul style="list-style-type: none"> • Meatball Parm Sub • Italian Green Beans 	28 <ul style="list-style-type: none"> • Frank's Pizza • Freshly Prepared Spring Mix Salad 	29
31 <ul style="list-style-type: none"> • Bacon, Egg And Cheese on a Bun • Hash Browns 					

*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 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!

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

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