



# NOVEMBER

## November 2021

### Blairstown Elementary School

#### Lunch

#### MONDAY

1



- Grilled Cheese Sticks
- Fresh Veggie Dippers

#### TUESDAY

2

- Crispy Chicken Sliders
- Sweet Potato Fries

#### WEDNESDAY

3

- Cheeseburger on a Bun
- Crinkle Cut French Fries

#### THURSDAY

4

School Closed no Lunch Served

#### FRIDAY

5

School Closed no Lunch Served

8



- Popcorn Chicken
- Soft Pretzel Stick
- Tater Tots

9

- Hot Dog on a Bun
- Vegetarian Baked Beans

10

- Pasta with Meatballs
- Garlic Bread
- Maschio's House Salad

11

- Creamy Mac & Cheese
- Dinner Roll
- Sauteed Broccoli

12

- Frank's Pizza
- Freshly Prepared Cucumber & Tomato Salad

15



- Vegetable Empanada served with Queso Blanco
- Cinnamon Churro
- Fiesta Corn

16



- Confetti Pancakes
- Breakfast Sausages
- Tater Tots

17

- Sweet and Sour Popcorn Chicken
- Steamed Rice
- Stir-Fry Vegetables

18



- Roast Turkey with Gravy OR Pulled Citrus Turkey with Gravy
- Mini Cornbread Loaf
- Mashed Potatoes
- Sauteed Green Beans
- Orange Sorbet

19

- Frank's Pizza
- Freshly Prepared Caesar Salad

22

- Crispy Chicken Sandwich
- Seasoned Potato Wedges

23



- Triple Chicken Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa
- Steamed Corn

24

- Frank's pizza
- Maschio's House Salad

25

Thanksgiving

26

Thanksgiving Break

29



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

30



- Whole Grain Waffles
- Breakfast Sausages
- Sweet Potato Fries

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

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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

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

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