



Blairstown Elementary School Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<ul style="list-style-type: none"> • Student Lunch: \$3.05 • Reduced Lunch: \$0.00 • Adult Lunch: \$3.85 	<p><i>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.</i></p>	<ul style="list-style-type: none"> • Cereal Bag Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cheese Pizza 🍕 All Meals are Served with Vegetable of the Day • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety
5	6	7	8	9
<ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Eggo Mini Waffles with a Yogurt and a Cheese Stick Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> Breaded Chicken Wrap Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cereal Bag Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cheese Pizza 🍕 All Meals are Served with Vegetable of the Day • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety
12	13	14	15	16
<ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Eggo Mini Waffles with a Yogurt and a Cheese Stick Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> Breaded Chicken Wrap Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cereal Bag Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cheese Pizza 🍕 All Meals are Served with Vegetable of the Day • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety
19	20	21	22	23
<ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Eggo Mini Waffles with a Yogurt and a Cheese Stick Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> Breaded Chicken Wrap Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cereal Bag Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cheese Pizza 🍕 All Meals are Served with Vegetable of the Day • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety
26	27	28	29	30
<ul style="list-style-type: none"> • Bagel Bag w/ Yogurt & Cheese Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Eggo Mini Waffles with a Yogurt and a Cheese Stick Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> Breaded Chicken Wrap Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cereal Bag Vegetable of the Day All Meals are Served with • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety 	<ul style="list-style-type: none"> • Cheese Pizza 🍕 All Meals are Served with Vegetable of the Day • Fresh Fruit or 100% Fruit Juice 🍏🍌 • Milk Variety

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 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.

Nutrition Info K-5. Our well-balanced lunches available for the week, average between 550-650 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 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!

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