
















## September 2022

### Blairstown Elementary School

### Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<ul style="list-style-type: none"> <li>• Student Lunch: \$3.20</li> <li>• Reduced Lunch: \$0.00</li> <li>• Adult Lunch: \$3.85</li> </ul>	<b>1</b>	<b>2</b>
<b>5</b> 	<b>6</b>  <ul style="list-style-type: none"> <li>• BBQ Chicken Cheddar Melt</li> <li>• Seasoned Sweet Potato Waffle Fries</li> <li>• Country Coleslaw</li> <li>• Strawberry Lemonade Sorbet</li> </ul>	<b>7</b>  <ul style="list-style-type: none"> <li>• Emoji Waffles</li> <li>• Mixed Berry Compote</li> <li>• Breakfast Sausages</li> <li>• Hash Browns</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• Hot Dog Sliders</li> <li>• BBQ Baked Beans</li> <li>• Corn on the Cob</li> </ul>	<b>9</b>  <ul style="list-style-type: none"> <li>• Frank's Pizza</li> <li>• Freshly Prepared Caesar Salad</li> </ul>
<b>12</b>  <ul style="list-style-type: none"> <li>• Creamy Mac &amp; Cheese with Assorted Toppings</li> <li>• Herb Breadstick</li> <li>• Sauteed Broccoli</li> </ul>	<b>13</b>  <ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Soft Pretzel Stick</li> <li>• Ranch Fries</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• Meatball Parm Sub</li> <li>• Fresh Veggie Dippers</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• Sweet and Sour Popcorn Chicken</li> <li>• Vegetable Fried Rice</li> <li>• Stir-Fry Vegetables</li> <li>• Vegetable Egg Roll</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Pizza Crunchers with Marinara Sauce</li> <li>• Freshly Prepared Garden Salad</li> </ul>
<b>19</b>  <ul style="list-style-type: none"> <li>• Hamburger on a Bun or Cheeseburger on a Bun</li> <li>• Sweet Potato Fries</li> </ul>	<b>20</b>  <ul style="list-style-type: none"> <li>• Loaded Tot-Chos</li> <li>• Mini Cornbread Loaf</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• Pasta with Meat Sauce</li> <li>• Garlic Breadstick</li> <li>• Freshly Prepared Spring Mix Salad</li> </ul>	<b>22</b>  <ul style="list-style-type: none"> <li>• Egg, Sausage and Cheese on a Croissant</li> <li>• Hash Browns</li> </ul>	<b>23</b>  <ul style="list-style-type: none"> <li>• Pizza Quesadilla with Salsa and Sour Cream</li> <li>• Corn Salad</li> <li>• Cinnamon Churro</li> </ul>
<b>26</b>  <ul style="list-style-type: none"> <li>• Popcorn Chicken Mashed Potato Bowl with Corn, Shredded Cheddar Cheese, and Gravy</li> <li>• Warm Biscuit</li> <li>• Local Fresh Apple</li> </ul>	<b>27</b>  <ul style="list-style-type: none"> <li>• Grilled Cheese Sticks</li> <li>• Tomato Soup</li> <li>• Cucumber Coins</li> </ul>	<b>28</b>  <ul style="list-style-type: none"> <li>• Sweet and Sour Popcorn Chicken</li> <li>• Vegetable Lo Mein</li> <li>• Mandarin Oranges</li> </ul>	<b>29</b>  <ul style="list-style-type: none"> <li>• Black Bean &amp; Cheese Empanada</li> <li>• Sweet Plantains</li> <li>• Fresh Red Pepper Dippers</li> </ul>	<b>30</b>  <ul style="list-style-type: none"> <li>• Pizzaboli</li> <li>• Tomato Salad</li> </ul>

\*Menu is Subject to Change

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 100% Fruit Juice, Variety of Vegetables from our Harvest Market, 1% White Milk, Fat Free Chocolate Milk





**QUESTIONS OR COMMENTS?**  
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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Healthy meals grow  
*healthy kids!*

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

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