



# SEPTEMBER

## Blairstown Elementary School Lunch

### MONDAY

- Student Lunch: \$3.05
- Reduced Lunch: \$0.00
- Adult Lunch: \$3.85

### TUESDAY

1



No School

### WEDNESDAY

2



No School

### THURSDAY

3

- Cereal Bag
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

### FRIDAY

4

- Cheese Pizza 🍷
- All Meals are Served with Vegetable of the Day
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

7



Labor Day - No School

8

- 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

9

- Breaded Chicken Wrap
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

10

- Cereal Bag
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

11

- Cheese Pizza 🍷
- All Meals are Served with Vegetable of the Day
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

14

- Bagel Bag w/ Yogurt & Cheese
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

15

- 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

16

- Breaded Chicken Wrap
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

17

- Cereal Bag
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

18

- Cheese Pizza 🍷
- All Meals are Served with Vegetable of the Day
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

21

- Bagel Bag w/ Yogurt & Cheese
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

22

- 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

23

- Breaded Chicken Wrap
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

24

- Cereal Bag
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

25

- Cheese Pizza 🍷
- All Meals are Served with Vegetable of the Day
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

28

- Bagel Bag w/ Yogurt & Cheese
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

29

- 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

30

- Breaded Chicken Wrap
- Vegetable of the Day
- All Meals are Served with
- Fresh Fruit or 100% Fruit Juice
- Milk Variety

*All Meals Served All Meals are Served with the Vegetable of the Day and/or a Selection from Mac's Veggies Patch, Assorted Fresh or Chilled Fruit of the Day, and Low Fat Milk Choice.*

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.

**EEO 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](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!*

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