

**Mason
Elementary
School**



**APRIL 2018
LUNCH MENU**



**Chef Deb
Food Service Director
878-2962 Ext. 23**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham & Mozzarella Cheese Whole Wheat Flat Bread Baby Green Toss Salad with Black Beans Carrot & Cucumber with Ranch Dip Fresh Cut Pineapple	3 Turkey Taco Tuesday Whole Wheat Flour Tortilla or Corn Tortilla w/Lettuce, Tomato, Cheese, Salsa & Sour Cream Brown Rice Pilaf Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Cantaloupe	4 American Chop Suey Whole Wheat Roll Caesar Salad Cauliflower & Pepper with Ranch Dip Clementine	5 Cream of Tomato Soup Grilled Cheese Sandwich on Whole Wheat Bread Spinach Salad with Chick Peas Fresh Cut Watermelon	6 Popcorn Shrimp French Fries Coleslaw Carrots & Celery with Ranch Dip Fresh Cut Orange
9 Chicken Pot Pie with Diced Chicken, Potato, Carrot, Corn, Green Beans Topped with Golden Pie Crust Whole Wheat Roll Baby Green Toss Salad with Black Beans Fresh Cut Watermelon	10 Turkey & Cheddar Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Caesar Salad Carrots with Ranch Dip Fresh Cut Pineapple	11 Cheese Filled Ravioli with Marinara Sauce Whole Wheat Garlic Cheese Bread, Spinach Salad w/Chick Peas Cucumber & Peppers with Ranch Dip Fresh Cut Cantaloupe	12 Breakfast "4" Lunch Whole Wheat French Toast Served with Local Maple Syrup Tater Tots Sausage Apple Sauce Peaches	13 Fish Taco on Whole Wheat Flour Tortilla w/Lettuce, Tomato, Cheese, Salsa, & Sour Cream Brown Rice Pilaf Green Beans, Corn Coleslaw Fresh Cut Orange
16 Shepard's Pie Ground Beef, Corn, Mash Potato Whole Wheat Roll Spinach Salad with Black Beans Peas Fresh Cut Cantaloupe	17 Assorted Pizza on Whole Wheat Crust Cheese or BBQ Chicken Caesar Salad Broccoli & Carrots with Ranch Dip Fresh Cut Pineapple	18 Spaghetti w/Meat Sauce or Marinara, Whole Wheat Garlic Crostini Baby Green Toss Salad with Chick Peas Cauliflower & Cucumber with Ranch Dip Fresh Cut Watermelon	19 Grilled Ham & Cheese Sandwich on Whole Wheat Bread Whole Wheat Pasta Vegetable Salad Cherry Tomato & Pepper with Ranch Dip Fresh Cut Grapefruit	20 Eat w/your Grandparent Chicken Cordon Bleu with Mushroom Demi Glaze Roasted Red Bliss Potato Sautéed Vegetable Medley Whole Wheat Roll Fresh Cut Mixed Fruit
23 <i>No School Spring Recess</i>	24 <i>No School Spring Recess</i>	25 <i>No School Spring Recess</i>	26 <i>No School Spring Recess</i>	27 <i>No School Spring Recess</i>
30 Turkey, Pepperoni & Mozzarella on Whole Wheat Flat Bread Orzo Brown Rice Vegetable Salad Caesar Salad Fresh Cut Pineapple				

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.60 (Milk or Juice Included)

Drink Choices: Fat Free Skim Milk,

Low Fat Milk (White, Chocolate-Friday's Only)

Juice (Orange, Cranberry, Grape, Apple)

Alternative Lunches Available:

Deli Meats & Cheese on Multi Grain Bread

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