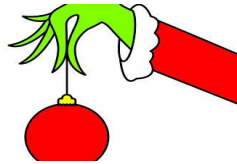


**Mason
Elementary
School**



**DECEMBER 2018
BREAKFAST MENU**



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Assorted Muffins Assorted Yogurt Blueberries	4 Cheesy Scrambled Eggs Whole Wheat Toast Honey Ham Fresh Cut Pineapple	5 Whole Wheat French Toast Served with Local Maple Syrup Bacon Fresh Cut Cantaloupe	6 Whole Wheat Bagel Thin Sandwich with Egg, Sausage & Cheese Fresh Cut Orange	7 Assorted Cereal Fruit Yogurt Smoothie Grapes
10 Whole Wheat Waffle with Local Maple Syrup Sausage Fresh Cut Strawberries	11 "Hot Pocket" with Egg, Bacon & Cheese Clementine	12 Scrambled Eggs Whole Wheat Toast Honey Ham Banana	13 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Kiwi	14 Toasted Whole Wheat Mini Bagel with PB & J or Cream Cheese Fruit Yogurt Smoothie Fresh Cut Apple
17 Cheesy Scrambled Eggs Whole Wheat Toast Tots Sausage Fresh Cut Orange	18 Chef Deb's Home Made Donuts Fruit Yogurt Smoothie Fresh Cut Pineapple	19 Whole Wheat Plain or Chocolate Chip Pancake Local Maple Syrup Honey Ham Blueberries	20 Whole Wheat English Muffin Sandwich w/Egg, Bacon & Cheese Clementine	21 Assorted Cereal Assorted Yogurt Fresh Mixed Fruit
24 NO SCHOOL WINTER RECESS	25 NO SCHOOL WINTER RECESS	26 NO SCHOOL WINTER RECESS	27 NO SCHOOL WINTER RECESS	28 NO SCHOOL WINTER RECESS
31 NO SCHOOL WINTER RECESS				

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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