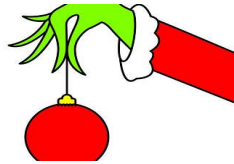


**Mason
Elementary
School**



**DECEMBER 2018
LUNCH MENU**



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Open Face Hot Turkey Sandwich on Whole Wheat Bread with Gravy French Fries Carrots & Broccoli with Ranch Dip Fresh Cut Cantaloupe	4 BBQ Pulled Pork w/Mango Sandwich on Whole Wheat Bun Brown Rice & Orzo Vegetable Salad Coleslaw Mexican Corn Fresh Cut Pineapple	5 Baked Stuffed Pasta Shells w/Marinara Sauce Whole Wheat Garlic Cheese Bread Caesar Salad Cucumber & Cauliflower with Ranch Dip Fresh Cut Apple	6 Grilled Cheese on Whole Wheat Bread Cream of Tomato Soup Celery & Carrots with Ranch Dip Peaches	7 Oven Baked Coconut Shrimp with Sweet & Sour Sauce Oven Roasted Vegetable Medley Brown Rice Pilaf with Black Beans Fresh Cut Pineapple
10 Ham & Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Cherry Tomato & Cauliflower with Ranch Dip Grapes	11 Oven Baked Chicken Breast Caesar Salad Whole Wheat Garlic Cheese Bread Broccoli & Carrots with Ranch Dip Fresh Cut Pineapple	12 Italian Sausage, Broccoli Egg Noodles w/Marinara Sauce Whole Wheat Roll Spinach Salad w/Chick Peas, Cucumber & Radish with Ranch Dip Fresh Cut Orange	13 Beef Chili Topped with Shredded Mozzarella & Sour Cream Corn Tortilla Chips with Salsa Baby Green Toss Salad Clementine	14 Filet of Fish on Whole Wheat Bun French Fries Coleslaw Cherry Tomato with Ranch Dip Fresh Cut Pineapple
17 Hamburger/Cheeseburger on Whole Wheat Bun Sweet Potato & Regular French Fries Caesar Salad Carrots with Ranch Dip Fresh Cut Cantaloupe	18 Breakfast "4" Lunch Whole Wheat Plain Pancake Served with Local Maple Syrup Sausage Tater Tots Apple Sauce Fresh Cut Pineapple	19 Smoked Baked Honey Ham Mash Potato Gravy Green Beans Corn Whole Wheat Roll Peaches	20 Oven Roasted Chicken Thigh & Legs Brown Rice Pilaf Oven Roasted Carrots & Brussel Sprouts & Cauliflower Diced Appes & Cranberries Tossed with Maple Syrup	21 BBQ Chicken & Cheddar Cheese or Cheese Pizza Ceasar Salad Cherry Tomato & Cucumber with Ranch Dip Blueberries
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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