

**Mason
Elementary
School**



**FEBRUARY 2019
BREAKFAST MENU**



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

Monday

Tuesday

Wednesday

Thursday

Friday

				1 Bagel Sandwich with Egg, Sausage & Cheese Fresh Cut Cantaloupe
4 Whole Wheat English Muffin with Egg, Bacon & Cheese Maple Glazed Apples	5 Scrambled Eggs Whole Wheat Toast Sausage Fresh Cut Pineapple	6 Apple Cinnamon Turnovers Fruit Yogurt Smoothie Fresh Cut Kiwi	7 Whole Wheat Plain or Blueberry Pancake Served with Local Maple Syrup Bacon Grapes	8 Assorted Cereal Assorted Yogurt Clementine
11 Whole Wheat French Toast Served with Local Maple Syrup Honey Ham Fresh Cut Cantaloupe	12 Whole Wheat Bagel Thin w/Egg, Sausage & Cheese Whole Wheat Toast Fresh Cut Strawberry	13 Bacon & Cheese Omelets Whole Wheat Toast Fresh Cut Banana	14 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Pineapple	15 Toasted Whole Wheat English Muffin w/ PB & J or Cream Cheese Assorted Yogurt Fresh Cut Orange
18 Cheesy Scrambled Eggs Whole Wheat Toast Honey Ham Fresh Cut Kiwi	19 Whole Wheat Waffle Served with Local Maple Syrup Sausage Fresh Cut Plums	20 Chef Deb's Homemade Pumpkin Bread Assorted Yogurt Peaches	21 Whole Wheat English Muffin w/Egg, Ham & Cheese Fresh Cut Watermelon	22 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Pineapple
25 NO SCHOOL WINTER RECESS	26 NO SCHOOL WINTER RECESS	27 NO SCHOOL WINTER RECESS	28 NO SCHOOL WINTER RECESS	March 1st 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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