

**Mason  
Elementary  
School**



**FEBRUARY 2019  
LUNCH MENU**



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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				1 Grilled Cheese Sandwich on Whole Wheat Bread Cream of Tomato Soup Broccoli & Cauliflower with Ranch Dip Fresh Cut Maple Glazed Apples
4 Chicken Vegetable Noodle Soup w/Whole Wheat Roll Spinach Salad with Chick Peas Cucumber & Pepper with Ranch Dip Fresh Cut Cantaloupe	5 Hamburger or Cheeseburger on a Whole Wheat Bun French Fries Toss Salad Fresh Cut Orange	6 Cheese Filled Ravioli w/Meat or Marinara Sauce Whole Wheat Roll Caesar Salad Carrot & Cucumber with Ranch Dip Fresh Cut Apple	7 Ham & Cheddar Cheese Whole Wheat Flat Bread Red Bliss Potato Salad Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Watermelon	8 <b>Breakfast "4" Lunch</b> Whole Wheat French Toast Served with Local Maple Syrup Tater Tots Sausage Apple Sauce Fresh Cut Cantaloupe
11 Whole Wheat French Bread Pizza (Cheese or Pepperoni) Caesar Salad Carrot & Pepper with Ranch Dip Clementine	12 Oven Baked Maple Glazed Boneless Pork Chops Mash Potato & Gravy Green Beans Roasted Carrots Fresh Cut Pineapple	13 Spaghetti w/Meat Sauce or Marinara Caesar Salad Whole Wheat Garlic Cheese Bread Pepper with Ranch Dip Fresh Cut Cantaloupe	14 Grilled Ham & Cheese Sandwich on Whole Wheat Bread Spinach Salad with Black Beans Cucumber & Cherry Tomato with Ranch Dip Grapes	15 Coconut Shrimp with Sweet & Sour Sauce Curry Brown Rice Roasted Vegetable Medley Fresh Cut Mixed Fruit
18 Open Faced Hot Turkey Sandwich on Whole Wheat Bread & Gravy Mash Potato Peas Carrots & Ranch Dip Fresh Cut Apple & Cranberry with Maple Glaze	19 Garlic & Herb Oven Baked Chicken Breast Caesar Salad Corn Bread Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Pineapple	20 WW Baked Rotini Pasta Marinara w/Mozzarella Whole Wheat Roll Baby Green Toss Salad with Chick Peas Cucumber & Pepper with Ranch Dip Fresh Cut Watermelon	21 Beef Vegetable & Barley Soup Whole Wheat Roll Spinach Salad Radish & Celery with Ranch Dip Fresh Cut Cantaloupe	22 Ham, Pepperoni & Cheddar Cheese Whole Wheat Flat Bread WW Pasta Vegetable Salad Carrot & Cauliflower with Ranch Dip Fresh Cut Orange
25 <b>NO SCHOOL</b> <b>WINTER RECESS</b>	26 <b>NO SCHOOL</b> <b>WINTER RECESS</b>	27 <b>NO SCHOOL</b> <b>WINTER RECESS</b>	28 <b>NO SCHOOL</b> <b>WINTER RECESS</b>	<b>March 1st</b> <b>NO SCHOOL</b> <b>WINTER RECESS</b>

**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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