

Mason  
Elementary  
School



JANUARY 2020  
BREAKFAST MENU



Chef Deb  
Food Service Director  
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No School Holiday Recess	2 Cheesy Scrambled Egg Whole Wheat Toast Sausage Fresh Cut Orange	3 Assorted Cereal Assorted Yogurt Grapes
6 Whole Wheat Waffle Maple Syrup Honey Ham Fresh Cut Pineapple	7 Whole Wheat Bagel Thin with Egg, Bacon, & Cheese Fresh Cut Apple	8 Scrambled Eggs Whole Wheat Toast Sausage Fresh Cut Cantaloupe	9 "Hot Pocket" with Egg, Ham & Cheese Fresh Cut Watermelon	10 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Kiwi
13 WW French Toast Maple Syrup Bacon Banana	14 Whole Wheat English Muffin with Egg, Sausage & Cheese Fresh Cut Orange	15 Toasted Bagel with Pb & J, or Cream Cheese Assorted Yogurt Fresh Cut Cantaloupe	16 Cheesy Scrambled Egg Whole Wheat Toast Honey Ham Fresh Cut Watermelon	17 Assorted Cereal Assorted Yogurt Grapes
20 No School Martin Luther King Jr. Day	21 Assorted Cereal Fruit Yogurt Smoothie Clementine	22 Scrambled Eggs Whole Wheat Toast Honey Ham Peaches	23 WW Plain or Chocolate Chip Pancake Maple Syrup Honey Ham Strawberries	24 Assorted Cereal Assorted Yogurt Clementine
27 Assorted Donuts Fruit Yogurt Smoothie Fresh Cut Pineapple	28 Whole Wheat English Muffin with Egg, Bacon & Cheese Fresh Cut Apple	29 Cheesy Scrambled Eggs Whole Wheat Toast Honey Ham Fresh Cut Cantaloupe	30 Assorted Muffins Assorted Yogurt Fresh Cut Pears	31 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Kiwi

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.85 (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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