

Mason  
Elementary  
School



JANUARY 2020  
LUNCH MENU



Chef Deb  
Food Service Director  
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>No School</b> <b>Holiday Recess</b>	2 Ham & Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Oranges	3 Alaskan Pollock Fish Sticks Sweet & Regular Waffle Fries Coleslaw Carrot & Cucumber with Ranch Dip Fresh Cut Cantaloupe
6 Hamburger/Cheeseburger on Whole Wheat Bun Red Bliss Potato Salad Cauliflower & Cherry Tomato with Ranch Dip Fresh Cut Pineapple	7 Open Face Hot Turkey Sandwich on WW Bread with Gravy Mash Potato Green Beans Carrots with Ranch Dip Peaches	8 Spaghetti w/Meatballs & Marinara Sauce Whole Wheat Garlic Cheese Bread Caesar Salad Broccoli & Cucumber with Ranch Dip Fresh Cut Apple	9 Sloppy Joe on Whole Wheat Burger Bun French Fries Carrots & Cauliflower with Ranch Dip Fresh Cut Cantaloupe	10 Oven Baked Butterfly Shrimp Orzo & Brown Rice Vegetable Salad Celery & Broccoli with Ranch Dip Clementine
13 Turkey & Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Cucumber & Cherry Tomato with Ranch Dip Fresh Cut Oranges	14 Oven Baked Chicken Breast Caesar Salad Corn Tortilla Chips Roasted Corn & Tomato Salsa Peaches	15 Mac & Cheese Plain or with Ground Beef Whole Wheat Roll Spinach Salad with Black Beans Peppers & Cauliflower with Ranch Dip Fresh Cut Pineapple	16 Meatball Sub Sandwich on Whole Wheat Bun Red Bliss Potato Salad Cucumber & Peppers with Ranch Dip Clementine	17 Hot Dog on a Whole Wheat Bun Baked Beans Baby Green Toss Salad Carrots with Ranch Dip Fresh Cut Apple
20 <b>No School</b> <b>Martin Luther King Jr. Day</b>	21 Filet of Fish Sandwich on a Whole Wheat Bun French Fries Coleslaw Peppers & Cucumber with Ranch Dip Fresh Cut Oranges	22 Breakfast "4" Lunch Whole Wheat French Toast Served with Local Maple Syrup Tater Tots Apple Sauce Blueberries	23 Beef Vegetable Soup Whole Wheat Roll Caesar Salad Carrots with Ranch Dip Fresh Cut Apple	24 BBQ Chicken Legs Brown Rice Pilaf with Beans Sautéed Vegetable Medley Fresh Cut Pineapple
27 Beef Chili Corn Bread Spinach Salad with Black Beans Carrots with Ranch Dip Fresh Cut Watermelon	28 Chicken Stew Whole Wheat Roll Caesar Salad Cucumber & Peppers with Ranch Dip Fresh Cut Pears	29 Breaded Pork Cutlet Mash Potato Gravy Peas Cauliflower & Red Peppers with Ranch Dip Peaches	30 Cheese or Pepperoni Pizza Caesar Salad Cucumber & Carrots with Ranch Dip Fresh Cut Cantaloupe	31 Spiral Ham Mash Potato & Gravy Butternut Squash Green Beans Whole Wheat Roll Fresh Cut Maple Glazed Apples

**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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