

**Mason  
Elementary  
School**



**JUNE 2017  
LUNCH MENU**



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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

|  |  |  |   |  |
|--|--|--|---|--|
|  |  |  | 1<br>American Chop Suey<br>Whole Wheat Roll<br>Caesar Salad<br>Corn<br>Red Pepper and Ranch Dip<br>Fresh Cut Cantaloupe                         | 2<br>Hot Dog on Whole Wheat Bun<br>Baked Beans<br>Carrot and Cucumber with Ranch Dip<br>Fresh Cut Watermelon   |
| 5<br>Hot Open Faced Turkey Sandwich on Whole Wheat Bun<br>French Fries<br>Gravy<br>Peas & Carrots<br>Fresh Cut Pineapple                             | 6<br>Plain or Buffalo Chicken Wings<br>Caesar Salad<br>Brown Rice & Beans<br>Cucumber & Cauliflower with Ranch Dip<br>Grapes | 7<br>Cheese Tortellini Marinara<br>Whole Wheat Garlic Cheese Bread<br>Spinach Salad<br>Broccoli & Celery with Ranch Dip<br>Peaches                     | 8 <b>Breakfast "4" Lunch</b><br>Whole Wheat Plain Pancake with Local Maple Syrup<br>Sausage<br>Hash Brown<br>Apple Sauce<br>Fresh Cut Pineapple | 9<br>Oven Baked Battered Shrimp with S & S Sauce<br>Orzo Brown Rice Vegetable Salad w/Black Beans<br>Cherry Tomato & Carrot with Ranch Dip, Coleslaw<br>Fresh Cut Cantaloupe |
| 12<br>Grilled Ham & Cheese on Whole Wheat Bread<br>Cream of Tomato Soup<br>Cucumber & Peppers with Ranch Dip<br>Fresh Cut Watermelon                 | 13<br>Oven Roasted Turkey with Gravy<br>Mash Potato<br>Peas, Corn & Carrot Mix<br>Whole Wheat Roll<br>Fresh Cut Cantaloupe   | 14<br>Baked Ziti Marinara<br>Whole Wheat Garlic Cheese Bread<br>Baby Green Salad with Chick Peas<br>Broccoli & Carrot w/Ranch Dip<br>Mixed Fresh Fruit | 15<br>Flat Bread Cheese or Pasta Vegetable Salad with Black Beans<br>Caesar Salad<br>Fresh Cut Pineapple  | 16<br>Filet of Fish on Whole Wheat Bun<br>French Fries - Sweet Potato & Regular Cauliflower & Cherry Tomato with Ranch Dip<br>Oranges  |
| 19<br>Ham & Cheddar Cheese on Whole Wheat Flat Bread<br>Whole Wheat Pasta<br>Vegetable Salad<br>Spinach Salad with Chick Peas<br>Fresh Cut Pineapple | 20<br>Chicken Chili<br>Corn Bread<br>Baby Green Salad<br>Cucumber & Carrot with Ranch Dip<br>Oranges                         | 21<br>Mac & Cheese<br>Plain or with Bacon<br>Whole Wheat Roll<br>Broccoli & Peppers with Ranch Dip<br>Spinach Salad<br>Fresh Cut Pineapple             |   |  |
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**Snack Milk or Juice - \$0.50**

**Breakfast - \$1.80 (Milk or Juice Included)**

**Lunch - \$2.50 (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:**

*\*Whole Wheat Veggie Wraps\**

*\*Deli Meats & Cheese on Multi Grain Bread\**

This institution is an equal opportunity provider.