

Mason  
Elementary  
School



MARCH 2017  
BREAKFAST MENU



Chef Deb  
Food Service Director  
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL WINTER RECESS	2 NO SCHOOL WINTER RECESS	3 NO SCHOOL WINTER RECESS
6 French Toast Served with Local Maple Syrup  Grilled Honey Ham  Fresh Strawberries	7 Cheesy Srambled Eggs  Whole Wheat Toast Sausage  Fresh Cut Banana	8 Chef Deb's Home Made "Hot Pocket" with Egg, Bacon & Cheese  Fresh Cut Kiwi	9 Sunrise Sandwich on Whole Grain English Muffin with Egg, Ham & Cheese  Grapes	10 Assorted Cereal  Assorted Yogurt  Peaches
13 Chef Deb's Home Made Donuts Fruit Yogurt Smoothie  Fresh Cut Pineapple	14 NO SCHOOL TEACHER WORKSHOP DAY	15 Assorted Cereal  Assorted Yogurt  Fresh Cut Orange	16 Cheesy Scrambled Eggs Whole Wheat Toast Sausage  Fresh Cut Watermelon	17 Assorted Toasted Bagels with Peanut Butter & Jelly or Cream Cheese Fruit Yogurt Smoothie Fresh Cut Cantaloupe
20 Assorted Cereal  Assorted Yogurt  Clementine	21 Mini Muffins  Assorted Yogurt  Peaches	22 Scrambled Eggs Whole Wheat Toast Sausage  Fresh Cut Pineapple	23 Whole Wheat Plain or Chocolate Chip Pancake with Local Maple Syrup Grilled Honey Ham Blueberries	24 Assorted Cereal  Fruit Yogurt Smoothie  Fresh Cut Watermelon
27 Cheesy Scrambled Eggs Hash Brown Whole Wheat Toast Fresh Cut Maple Glazed Apples	28 Whole Wheat Waffle with Local Maple Syrup Bacon  Fresh Cut Strawberries	29 Sunrise Sandwich on Whole Grain Bagel with Egg, Sausage & Cheese  Fresh Cut Orange	30 Scrambled Eggs Whole Wheat Toast Grilled Honey Ham  Fresh Cut Cantaloupe	31 Chef Deb's Home Made Cinnamon Twists Assorted Yogurt  Blueberries

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.