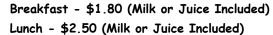
Mason Elementary School		MARCH 2017 BREAKFAST MENU	Spring	Chef Deb Food Service Director 878-2962 Ext. 23
Monday	Tuesday	Wednesday	Thursday	Friday
		I NO SCHOOL WINTER RECESS	2 NO SCHOOL WINTER RECESS	3 NO SCHOOL WINTER RECESS
6 French Toast Served with Local Maple Syrup Grilled Honey Ham Fresh Strawberries	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



This institution is an equal opportunity provider.

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