

Mason
Elementary
School



MARCH 2018
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
5 Cheesy Scrambled Eggs Whole Wheat Toast Honey Ham Fresh Cut Cantaloupe	6 Toasted Whole Wheat Bagels with Peanut Butter & Jelly or Cream Cheese Assorted Yogurt Clementine	7 Whole Wheat French Toast Served with Local Maple Syrup Sausage Strawberries	8 Whole Wheat Bagel Thin Sandwich with Egg, Bacon & Cheese Fresh Cut Pineapple	9 Assorted Cereal Fruit Yogurt Smoothie Peaches
12 Assorted Cereal Assorted Yogurt Clementine	13 No School Teacher Workshop Day	14 Mini Muffins Fruit Yogurt Smoothie Maple Glazed Apples	15 Scrambled Eggs Whole Wheat Toast Tater Tots Sausage Grapes	16 Whole Wheat Plain or Chocolate Chip Pancake with Local Maple Syrup Honey Ham Banana
19 Whole Wheat English Muffin with Egg, Ham & Cheese Kiwi	20 Fruit Pastries Fruit Yogurt Smoothie Fresh Cut Watermelon	21 Whole Wheat Waffle Served with Local Maple Syrup Sausage Fresh Cut Cantaloupe	22 Cheesy Scrambled Eggs Whole Wheat Toast Honey Ham Grapefruit	23 Assorted Cereal Assorted Yogurt Mixed Fresh Fruit
26 Whole Wheat French Toast Served with Local Maple Syrup Bacon Kiwi	27 "Hot Pocket" With Egg, Ham & Cheese Fresh Cut Orange	28 Whole Wheat Toasted English Muffin with Peanut Butter & Jelly Or Cream Cheese Assorted Yogurt Fresh Cut Pineapple	29 Cheesy Scrambled Eggs Tater Tots Sausage Whole Wheat Toast Pears	30 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Grapefruit

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.60 (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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