

Mason
Elementary
School



MARCH 2017
LUNCH 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 Plain or Terriaki Chicken Wings French Fries Toss Salad Celery & Carrot with Ranch Dip Fresh Cut Pineapple	7 Taco Tuesday Seasoned Ground Beef w/Lettuce, Tomato & Cheese in a Soft Tortilla Shell w/Sour Cream & Salsa Brown Rice Pilaf with Black Beans Cauliflower & Corn Fresh Cut Cantaloupe	8 Gemelli Pasta w/Marinara or Meat Sauce Whole Grain Cheese Bread Caesar Salad Broccoli & Red Pepper with Ranch Dip Fresh Cut Pineapple	9 Cheese or Pepperoni Whole Wheat French Bread Pizza Spinach Salad Cauliflower & Cucumber with Ranch Dip Orange	10 Open Faced Hot Turkey Sandwich on Whole Wheat Bread with Gravy Peas Mash Potato Carrots Fresh Cut Watermelon
13 Hamburg Vegetable Macaroni Soup Whole Wheat Roll Baby Toss Salad Cucumber & Cherry Tomato with Ranch Dip Grapes	14 NO SCHOOL TEACHER WORKSHOP DAY	15 Baked Ziti w/Italian Sausage & Marinara Topped w/Mozzarella Cheese Whole Wheat Roll Spinach Salad w/Roasted Chick Peas, Cauliflower & Carrot w/Ranch Dip Fresh Cut Cantaloupe	16 Breaded Pork Cutlet with Gravy Mash Potato Corn Broccoli Whole Wheat Roll Fresh Cut Cantaloupe	17 Corn Beef & Cabbage with Potato, Carrot & Turnip Whole Wheat Roll Fresh Cut Cantaloupe
20 Hamburger or Cheeseburger on a Whole Wheat Bun French Fries Cherry Tomota & Cucumber with Ranch Dip Peaches	21 Hot Dog on a Whole Wheat Bun Baked Beans Baby Carrots & Broccoli with Ranch Dip Clementine	22 Whole Wheat Baked Penne Pasta Marinara Whole Wheat Roll Toss Salad with Chick Peas, Cauliflower & Peppers with Ranch Dip Fresh Cut Pineapple	23 Grilled Ham & Cheese on Whole Wheat Bread Whole Wheat Pasta Vegetable Salad Celery & Carrots with Ranch Dip Fresh Cut Cantaloupe	24 Oven Roasted Chicken Whole Wheat Roll Caesar Salad Mash Potato w/Gravy Peas Fresh Cut Watermelon
27 Ham & Cheddar Cheese Whole Wheat Flat Bread Pasta Vegetable Salad with Black Beans Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Oranges	28 Shepard's Pie with Layers of Ground Beef, Corn & Mash Potato Whole Wheat Roll Toss Salad with Roasted Chick Peas Cauliflower & Cucumber with Ranch Dip Fresh Cut Cantaloupe	29 Chicken & Broccoli with Whole Wheat Penne Pasta Alfredo Whole Wheat Garlic Crostitini Caesar Salad Carrot & Green Pepper with Ranch Dip Fresh Cut Apples	30 Grilled Cheese on Whole Wheat Bread Cream of Tomato Soup Spinach & Kale Salad Fresh Cut Watermelon	31 Filet of Fish on Whole Wheat Bun Sweet Potato & Regular French Fries Coleslaw Peppers & Celery with Ranch Dip Fresh Cut Pineapple

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.