

**Mason  
Elementary  
School**



**MARCH 2018  
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
5 Corn Chowder Whole Wheat Roll Spinach Salad with Chick Peas Carrot & Broccoli with Ranch Dip Fresh Cut Cantaloupe	6 Oven Baked Garlic & Herb Chicken Breast Caesar Salad Whole Wheat Cheese Bread Orzo & Brown Rice Vegetable Salad Fresh Cut Pineapple	7 Cheese Filled Tortellini w/Marinara Sauce Whole Wheat Garlic Crostini, Baby Greens Toss Salad w/Black Beans Cucumber & Peppers with Ranch Dip Fresh Cut Watermelon	8 Ham & Cheddar Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Cherry Tomato & Cauliflower with Ranch Dip Clementine	9 Coconut Shrimp with Sweet & Sour Sauce French Fries Coleslaw Broccoli & Ranch Dip Grapes
12 Hot Dogs on a Whole Wheat Bun Baked Beans Cherry Tomato & Cucumber with Ranch Dip Clementine	13 No School Teacher Workshop Day	14 Whole Wheat Penne Pasta w/Meat Sauce or Marinara Whole Wheat Roll Spinach Salad w/Chick Peas, Carrots & Radish with Ranch Dip Fresh Cut Pineapple	15 Mini Burger Sliders on a Whole Wheat Bun with Lettuce, Tomato, Cheese & Bacon, Tater Tots Carrots & Radish with Ranch Dip Fresh Cut Pineapple	16 Fish Taco w/Cheese, Lettuce, Tomato, Salsa & Sour Cream on a Soft Corn Shell Yellow Rice Pilaf Coleslaw, Red Pepper & Cucumber with Ranch Dip Fresh Cut Cantaloupe
19 Corn Beef Dinner Cabbage Carrot & Potato Whole Wheat Roll Fresh Cut Cantaloupe	20 Italian Sausage on Whole Wheat Sub Bun w/Peppers & Onions, French Fries (Regular & Sweet Potato) Caesar Salad Cucumber with Ranch Dip Fresh Cut Watermelon	21 Whole Wheat Mac & Cheese Plain or with Ham Whole Wheat Roll Baby Greens Toss Salad w/Black Beans Broccoli & Carrot with Ranch Dip Fresh Cut Pineapple	22 Sloppy Joe on a Whole Wheat Bun Whole Wheat Pasta Vegetable Salad Cherry Tomato & Cauliflower with Ranch Dip Fresh Cut Oranges	23 <b>Breakfast "4" Lunch</b> Whole Wheat Plain Pancakes Served with Local Maple Syrup Tater Tots Sausage Apple Sauce Fresh Cut Cantaloupe
26 Oven Roasted Pork with Gravy Mash Potato Green Beans Carrots with Ranch Dip Fresh Cut Pineapple	27 Grilled Ham & Cheese on Whole Wheat Bread Spinach Salad with Chick Peas Orzo Vegetable Salad & Brown Rice Fresh Cut Watermelon	28 Spaghetti w/Meat Sauce Or Marinara Whole Wheat Garlic Cheese Bread Caesar Salad Carrot & Cucumber with Ranch Dip Fresh Cut Orange	29 Beef Vegetable Noodle Soup Whole Wheat Roll Baby Greens Toss Salad with Chick Peas Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Pineapple	30 Hot Open Faced Hot Turkey Sandwich on Whole Wheat Bread Mash Potato Peas Carrots Fresh Cut Cantaloupe

**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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