

Mason
Elementary
School



MAY 2019
BREAKFAST MENU



Chef Deb
Food Service Director
878-2962 Ext. 23

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Chef Deb's Homemade Cinnamon Twists Assorted Yogurts Fresh Cut Pineapple	2 Whole Wheat Bagel Thin Sandwich with Egg, Ham & Cheese Clementine	3 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Pineapple
6 Whole Wheat French Toast Served with Local Maple Syrup Sausage Fresh Cut Orange	7 Whole Wheat Waffle Served with Local Maple Syrup Honey Ham Fresh Cut Cantaloupe	8 Cheesy Scrambled Eggs Whole Wheat Toast Bacon Fresh Cut Apple	9 Whole Wheat English Muffin Sandwich with Egg, Sausage & Cheese Fresh Cut Kiwi	10 Assorted Cereal Assorted Yogurt Grapes
13 Scrambled Eggs Whole Wheat Toast Honey Ham Fresh Cut Orange	14 Whole Wheat English Muffin Sandwich with Egg, Bacon & Cheese Fresh Cut Watermelon	15 Breakfast Pizza with Whole Wheat Crust with Scrambled Egg, Cheese, Ham & Sausage Fresh Cut Strawberry	16 Chef Deb's Homemade Banana Bread Fruit Yogurt Smoothie Fresh Cut Kiwi	17 Assorted Cereal Fruit Yogurt Smoothie Peaches
20 Chef Deb's Homemade Donuts Assorted Yogurt Fresh Cut Pineapple	21 Cheesy Scrambled Eggs Whole Wheat Toast Sausage Clementine	22 Whole Wheat Plain or Blueberry Pancake Served with Local Maple Syrup Honey Ham Fresh Cut Cantaloupe	23 Assorted Cereal Assorted Yogurt Fresh Cut Watermelon	24 No School
27 No School Memorial Day	28 Scrambled Eggs Whole Wheat Toast Tater Tots Bacon Peaches	29 Whole Wheat Bagel Thin Sandwich with Egg, Ham & Cheese Fresh Cut Pineapple	30 Whole Wheat Toasted English Muffin with PB & J or Cream Cheese Assorted Yogurts Grapes	31 Assorted Cereal Fruit Yogurt Smoothie 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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