

**Mason
Elementary
School**



**MAY 2018
LUNCH MENU**



**Chef Deb
Food Service Director
878-2962 Ext. 23**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Filled Ravioli with Alfredo Sauce Spinach Salad with Chick Peas Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Cantaloupe	2 Hamburger/Hot Dog on Whole Wheat Bun Potato Salad Coleslaw Baked Beans Fresh Cut Watermelon	3 Whole Wheat French Bread Pizza (Cheese or Pepperoni) Caesar Salad Carrot & Cucumber with Ranch Dip Fresh Cut Orange	4 Parent's Day Chicken Cordon Bleu with Mushroom Demi Glaze Roasted Red Bliss Potato Sautéed Vegetable Medley Whole Wheat Roll Fresh Cut Mixed Fruit
7 Beef Chili Corn Tortilla Chips Baby Greens Toss Salad with Black Beans Cauliflower & Carrot with Ranch Dip Peaches	8 Grilled Chicken Breast Caesar Salad Whole Wheat Garlic Crostini Red Bliss Potato Salad Fresh Cut Pineapple	9 Whole Wheat Mac and Cheese Plain or with Ground Beef Whole Wheat Roll Green Beans, Corn Cherry Tomato with Ranch Dip Fresh Cut Apple	10 Ham & Mozzarella Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad with Chick Peas Broccoli & Radish with Ranch Dip Fresh Cut Orange	11 Chicken Vegetable Noodle Soup Whole Wheat Roll Spinach & Kale Salad Cucumber & Pepper with Ranch Dip Fresh Cut Pineapple
14 Sloppy Joe on Whole Wheat Bun French Fries Baby Greens Toss Salad Carrot & Pepper with Ranch Dip Fresh Cut Maple Glazed Apples	15 Crab & Corn Chowder Whole Wheat Roll Spinach Salad with Black Beans Fresh Cut Pineapple & Kiwi	16 Whole Wheat Baked Penne Pasta Marinara Topped with Mozzarella Whole Wheat Garlic Crostini, Caesar Salad Broccoli & Carrot with Ranch Dip Fresh Cut Watermelon	17 Plain/ BBQ Chicken Wings Red Bliss Potato Salad Corn Bread Celery & Cucumber with Ranch Dip Fresh Cut Watermelon	18 Filet of Fish on a Whole Wheat Bun Brown Rice Pilaf Coleslaw Cauliflower & Cherry Tomato with Ranch Dip Clementine
21 BBQ Pulled Pork Taco w/Lettuce, Tomato, Cheese, Salsa & Sour Cream On Whole Wheat Flour or Corn Tortilla Shell, Coleslaw Yellow Rice w/Beans Carrot & Cucumber with Ranch Dip Fresh Cut Pineapple	22 Breakfast "4" Lunch Plain Pancakes Served with Local Maple Syrup Tater Tots Sausage Triple Berry Compote Fresh Cut Cantaloupe	23 Stuffed Shells with Marinara Sauce Whole Wheat Garlic Cheese Bread Caesar Salad Broccoli & Peppers with Ranch Dip Fresh Cut Watermelon	24 Swedish Meatballs Over Gemelli Pasta Whole Wheat Roll Sautéed Vegetable Medley Fresh Cut Mixed Fruit	25 NO SCHOOL
28 NO SCHOOL MEMORIAL DAY	29 Turkey & Cheddar on Whole Wheat Flat Bread Brown Rice & Orzo Vegetable Salad Cauliflower & Cherry Tomato with Ranch Dip Fresh Cut Pineapple	30 Whole Wheat Mac and Cheese, Plain or w/Bacon Whole Wheat Roll Spinach Salad with Chick Peas Carrot & Cucumber with Ranch Dip Grapes	31 Fish Taco with Lettuce, Tomato, Cheese, Salsa & Sour Cream on Whole Wheat or Corn Tortilla Shell Brown Rice Pilaf Coleslaw Broccoli & Pepper with Ranch Dip Clementine	

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

In accordance with Federal civil rights law and USDA regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation. Persons with disabilities who require alternative means of communication (Braille, large print, audiotape, American Sign Language, etc.) should contact Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. To file a complaint of discrimination, complete a Complaint Form (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA Office. Mail to: U.S. Department of Agriculture, Office of Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; by fax (202) 690-7442; or email: program.inkate@usda.gov
This institution is an equal opportunity provider