

Mason  
Elementary  
School



MAY 2019  
LUNCH MENU



Chef Deb  
Food Service Director  
878-2962 Ext. 23

Monday

Tuesday

Wednesday

Thursday

Friday

		1 American Chop Suey Whole Wheat Roll Caesar Salad Peas Carrots & Ranch Dip Fresh Cut Cantaloupe	2 Ham & Mozzarella Cheese Whole Wheat Flat Bread Spinach Salad with Black Beans Cauliflower & Peppers with Ranch Dip Fresh Cut Pineapple	3 <b>Parents Day Lunch</b> Oven Baked Chicken Breasts & Battered Shrimp Fried Rice Vegetable Medley Whole Wheat Roll Fresh Cut Pineapple
6 Beef & Vegetable Soup Whole Wheat Roll Caesar Salad Cherry Tomato with Ranch Dip Fresh Cut Orange	7 Grilled Ham & Cheese Sandwich on Whole Wheat Bread Baby Green Toss Salad with Black Beans Broccoli & Carrots with Ranch Dip Fresh Cut Apple	8 Hot Dog on a Whole Wheat Bun Baked Beans Cucumber and Cherry Tomato with Ranch Dip Fresh Cut Watermelon	9 Baked Stuffed Shells with Marinara Sauce Whole Wheat Garlic Cheese Bread Caesar Salad Celery & Carrots with Ranch Dip Fresh Cut Cantaloupe	10 Corn Chowder Whole Wheat Roll Baby Green Toss Salad Peppers and Radish with Ranch Dip Fresh Cut Pineapple
13 Grilled Cheese Sandwich on Whole Wheat Bread Cream of Tomato Soup Caesar Salad Fresh Cut Apple	14 Breaded Pork Cutlet Mash Potato & Gravy Green Beans Whole Wheat Roll Carrots & Ranch Dip Fresh Cut Pineapple	15 Whole Wheat Pizza Cheese or Pepperoni Caesar Salad Broccoli & Ranch Dip Fresh Cut Cantaloupe	16 Grilled Ham & Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Cauliflower & Peppers with Ranch Dip Fresh Cut Oranges	17 Popcorn Shrimp with Sweet & Sour Sauce French Fries, Coleslaw Whole Wheat Garlic Cheese Bread Cherry Tomato with Ranch Dip Fresh Cut Pineapple
20 Shepard's Pie Whole Wheat Roll Spinach Salad with Chick Peas Cucumber with Ranch Dip Fresh Cut Apple	21 Garlic & Herb Oven Baked Chicken Breast Caesar Salad Whole Wheat Garlic Crostini, Carrots & Peppers with Ranch Dip Clementine	22 Whole Wheat Mac & Cheese Plain or with Ham Whole Wheat Roll Green Beans Corn Fresh Cut Cantaloupe	23 <b>Breakfast "4" Lunch</b> Whole Wheat Plain Pancake Served with Local Maple Syrup Sausage Tater Tots Apple Sauce Fresh Cut Watermelon	24 <b>No School</b>
27 <b>No School</b>  <b>Memorial Day</b>	28 Oven Roasted Chicken Legs & Thighs Mash Potato & Gravy Whole Wheat Roll Green Beans Cauliflower with Ranch Dip Fresh Cut Orange	29 Calzones - Plain, Ham & Cheese, or Pepperoni & Cheese Caesar Salad Carrots & Ranch Dip Fresh Cut Pineapple	30 Ham & Cheddar Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Broccoli & Cherry Tomato with Ranch Dip Grapes	31 BBQ Pulled Pork Taco's Corn Soft Shells with Lettuce, Tomato, Cheese, Salsa & Sour Cream Rice Pilaf Roasted Corn & Carrots Fresh Cut Watermelon

**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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