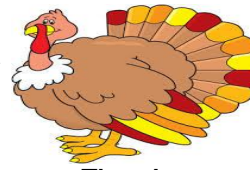


Mason
Elementary
School



NOVEMBER 2018
BREAKFAST MENU



Chef Deb
Food Service Director
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheesy Scrambled Eggs Whole Wheat Mini Bagel Bacon Fresh Cut Banana	2 Assorted Cereal Assorted Yogurt Grapes
5 Whole Wheat Bagel Thin Sandwich with Egg, Ham & Cheese Fresh Cut Pineapple	6 NO SCHOOL TEACHER WORKSHOP DAY	7 Chef Deb's Home Made Banana Bread Fruit Yogurt Smoothie Clementine	8 Assorted Cereal Assorted Yogurt Fresh Cut Cantaloupe	9 Whole Wheat Toasted English Muffin with PB & J or Cream Cheese Fruit Yogurt Smoothie Fresh Cut Watermelon
12 NO SCHOOL VETERAN'S DAY	13 Whole Wheat Waffle Served with Local Maple Syrup Sausage Blueberries	14 "Hot Pocket" with Egg, Bacon & Cheese Fresh Cut Orange	15 Whole Wheat Toasted Mini Bagel w/PB & J or Cream Cheese Assorted Yogurt Grapes	16 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Kiwi
19 Whole Wheat Plain or Chocolate Chip Pancake Served with Local Maple Syrup Bacon Blueberries	20 2 Hour Delay NO BREAKFAST	21 NO SCHOOL THANKSGIVING RECESS	22 NO SCHOOL THANKSGIVING RECESS	23 NO SCHOOL THANKSGIVING RECESS
26 Cheesy Scrambled Eggs Whole Wheat Toast Sausage Fresh Cut Cantaloupe	27 Whole Wheat French Toast Served with Local Maple Syrup Bacon Fresh Cut Strawberries	28 Whole Wheat English Muffin Sandwich with Egg, Ham & Cheese Clementine	29 Chef Deb's Home Made Muffins Assorted Yogurt Blueberries	30 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Pineapple

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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