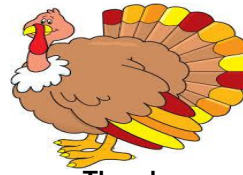


Mason
Elementary
School



NOVEMBER 2019
LUNCH MENU



Chef Deb
Food Service Director
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Wheat Flat Bread with Ham, Pepperoni & Cheese Orzo & Brown Rice Vegetable Salad Caesar Salad Fresh Cut Pineapple
4 BBQ Pork Ribs Coleslaw Red Bliss Potato Salad Corn Fresh Cut Apple	5 "Taco Tuesday" Beef Taco with Lettuce, Cheese, Salsa, Sour Cream on Soft or Corn Tortilla Shell, Spanish Rice with Black Beans Carrots & Peppers with Ranch Dip Fresh Cut Cantaloupe	6 American Chop Suey Whole Wheat Roll Baby Green Toss Salad Broccoli & Cucumber with Ranch Dip Fresh Cut Pineapple	7 Whole Wheat Grilled Cheese Sandwich Cream of Tomato Soup Spinach Salad with Black Beans Grapes	8 Whole Wheat Turkey, Bacon & Cheese Flat Bread French Fries Green Peppers and Carrots with Ranch Dip Fresh Cut Cantaloupe
11 NO SCHOOL VETERAN'S DAY	12 Beef Chili Topped with Mozzarella Cheese Corn Tortilla Chips with Salsa Baby Green Toss Salad with Chick Peas Fresh Cut Watermelon	13 Cheese Filled Ravioli w/Marinara Sauce Whole Wheat Roll Cauliflower & Broccoli with Ranch Dip Fresh Cut Cantaloupe	14 Hot Dog on a Whole Wheat Bun Baked Beans Celery and Cherry Tomato with Ranch Dip Maple Glazed Apple	15 Oven Baked Shrimp with Sweet & Sour Sauce Fried Rice Whole Wheat Garlic Crostini, Caesar Salad Carrots & Cherry Tomato with Ranch Dip Fresh Cut Orange
18 "Breakfast 4 Lunch" Whole Wheat French Toast w/Maple Syrup Apple Sauce Sausage Tater Tots Blueberries	19 Chicken Pot Pie (Tender Pieces of Chicken, Potato, Carrot, Corn & Green Beans) Whole Wheat Roll Spinach Salad Fresh Cut Pears	20 Mac & Cheese Plain or with Ham Whole Wheat Roll Sautéed Vegetable Medley Fresh Cut Cantaloupe	21 Turkey Feast Tender Sliced Roast Turkey with Mash Potato & Gravy, Stuffing Butternut Squash, Peas Cran Jelly Whole Wheat Roll Peaches	22 Filet of Fish Sandwich w/Cheese & Tarter Sauce Coleslaw Waffle French Fries Broccoli & Carrots with Ranch Dip Clementine
25 Chicken Parmesan Egg Noodles Whole Wheat Roll Peas Peppers with Ranch Dip Fresh Cut Pineapple	26 French Bread Pizza (Cheese or Pepperoni) Caesar Salad Cucumber & Cherry Tomato with Ranch Dip Fresh Fruit Medley	27 NO SCHOOL THANKSGIVING RECESS	28 NO SCHOOL THANKSGIVING RECESS	29 NO SCHOOL THANKSGIVING RECESS

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.85 (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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