

Mason
Elementary
School



SEPTEMBER 2017
BREAKFAST MENU



Chef Deb
Food Service Director
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
8/28 <i>NO SCHOOL</i> <i>TEACHER WORKSHOP DAY</i>	8/29 <i>NO SCHOOL</i> <i>TEACHER WORKSHOP DAY</i>	8/30 Assorted Pastries Fruit Yogurt Smoothie Fresh Cut Pineapple	31-Aug Assorted Cereal Assorted Yogurt Fresh Cut Cantaloupe	1 <i>NO SCHOOL</i>
4 <i>NO SCHOOL</i> <i>LABOR DAY</i>	5 Whole Wheat Waffle Served with Local Maple Syrup Grilled Honey Ham Blueberries	6 Whole Wheat Bagel Sandwich with Egg, Sausage & Cheese Fresh Cut Orange	7 Scrambled Eggs Whole Wheat Toast Bacon Fresh Cut Kiwi	8 Assorted Cereal Fruit Yogurt Smoothie Grapes
11 Cheesy Scrambled Eggs Whole Wheat Toast Grilled Honey Ham Fresh Cut Peaches	12 Whole Wheat French Toast Served with Local Maple Syrup Sausage Fresh Cut Strawberries	13 Chef Deb's Home Made Whole Wheat Donuts Assorted Yogurt Clementine	14 Chef Deb's Home Made "Hot Pockets" with Egg, Bacon & Cheese Fresh Cut Maple Glazed Apples	15 Whole Wheat Bagel Sandwich with Egg, Ham & Cheese Fresh Cut Pineapple
18 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Watermelon	19 Whole Wheat Pancake or Chocolate Chip Pancake With Local Maple Syrup Sausage Blueberries	20 Scrambled Eggs Bacon Hash Brown Whole Wheat Toast Fresh Cut Oranges	21 Chef Deb's Home Made Muffins Fruit Yogurt Smoothie Fresh Cut Pineapple	22 Assorted Cereal Assorted Yogurt Fresh Cut Cantaloupe
25 Whole Wheat Bagel with Egg, Ham & Cheese Fresh Cut Kiwi	26 Whole Wheat Plain or Blueberry Pancake with Local Maple Syrup Grilled Honey Ham Banana	27 Scrambled Eggs Sausage Whole Wheat Toast Fresh Cut Pears	28 Chef Deb's Home Made Banana Bread Assorted Yogurt Fresh Cut Pineapple	29 Assorted Cereal Assorted Yogurt 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

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