

Mason
Elementary
School



SEPTEMBER 2018
BREAKFAST MENU



Chef Deb
Food Service Director
878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
8/27 <i>NO SCHOOL</i> <i>TEACHER WORKSHOP DAY</i>	8/28 <i>NO SCHOOL</i> <i>TEACHER WORKSHOP DAY</i>	8/29 Assorted Cereal Fruit Yogurt Smoothie Grapes	8/30 Whole Wheat Plain or Chocolate Chip Pancake Served with Local Maple Syrup Grilled Honey Ham Fresh Peaches	8/31 <i>NO SCHOOL</i>
3 <i>NO SCHOOL</i> <i>LABOR DAY</i>	4 Whole Wheat English Muffin w/Egg, Ham & Cheese Fresh Cut Pineapple	5 Whole Wheat French Toast Served with Local Maple Syrup Sausage Fresh Cut Cantaloupe	6 Scrambled Eggs Whole Wheat Toast Grilled Honey Ham Fresh Cut Kiwi	7 Assorted Cereals Assorted Yogurts Fresh Cut Orange
10 Scrambled Eggs Whole Wheat Toast Sausage Fresh Cut Pineapple	11 Chef Deb's Home Made "Hot Pockets" with Egg, Bacon & Cheese Fresh Cut Apples	12 Assorted Cereal Fruit Yogurt Smoothie Clementine	13 Chef Deb's Home Made Muffins Assorted Yogurts Fresh Cut Apple	14 Whole Wheat Bagel Sandwich with Egg, Bacon & Cheese Fresh Cut Cantaloupe
17 Toasted Whole Wheat English Muffin with PB & J or Cream Cheese Fruit Yogurt Smoothie Fresh Cut Oranges	18 Chef Deb's Home Made Whole Wheat Cinnamon Twists Assorted Yogurts Fresh Cut Cantaloupe	19 Cheesy Scrambled Eggs Whole Wheat Toast Sausage Banana	20 Whole Wheat Waffle Served with Local Maple Syrup Grilled Honey Ham Fresh Cut Strawberries	21 Assorted Cereal Fruit Yogurt Smoothie Fresh Cut Pineapple
24 Scrambled Eggs Tater Tots Whole Wheat Toast Fresh Cut Maple Glazed Apples	25 Whole Wheat Plain or Blueberry Pancake Served with Local Maple Syrup Grilled Honey Ham Clementine	26 Assorted Cereals Assorted Yogurts Grapes	27 Whole Wheat Bagel Sandwich with Egg, Sausage & Cheese Banana	28 Whole Wheat Bagel with PB & J or Cream Cheese Fruit Yogurt Smoothie Blueberries

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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