

Mason
Elementary
School



SEPTEMBER 2019
BREAKFAST MENU



Chef Deb
Food Service Director
878-2962 Ext. 23

Monday

Tuesday

Wednesday

Thursday

Friday

		August 28 Whole Wheat French Toast Served with Local Maple Syrup Sausage Grapes	August 29 Whole Wheat English Muffin with Egg, Bacon, & Cheese Fresh Cut Pineapple	August 30 No School
2 No School Labor Day	3 Assorted Cereal Assorted Yogurt Fresh Cut Cantaloupe	4 Scrambled Eggs with Whole Wheat Toast Sausage Fresh Cut Kiwi	5 Whole Wheat Plain or Blueberry Pancake Served with Local Maple Syrup Grilled Honey Ham Fresh Cut Pineapple	6 Assorted Cereal Fruit Yogurt Smoothie Blueberries
9 Whole Wheat Waffle Served with Local Maple Syrup Bacon Fresh Cut Apples	10 Cheesy Scrambled Eggs Whole Wheat Toast Grilled Honey Ham Fresh Cut Pineapple	11 Assorted Muffins Assorted Yogurt Fresh Cut Orange	12 Whole Wheat Bagel Thin with Egg, Ham & Cheese Fresh Cut Strawberries	13 Assorted Cereal Fruit Yogurt Smoothie Clementine
16 Chef Deb's Home Made Cinnamon Twists Assorted Yogurt Fresh Cut Cantaloupe	17 Whole Wheat English Muffin with Egg, Bacon & Cheese Fresh Cut Watermelon	18 Whole Wheat Breakfast Pizza with Egg, Sausage, Cheese, Tomato & Spinach Fresh Cut Apple	19 Chef Deb's Home Made Donuts Assorted Yogurt Fresh Cut Kiwi	20 Toasted Bagel with Cream Cheese Fruit Yogurt Smoothie Clementine
23 Scrambled Eggs Whole Wheat Toast Ham Fresh Cut Orange	24 Whole Wheat Plain or Chocolate Chip Pancake Served with Local Maple Syrup Bacon Fresh Cut Orange	25 Chef Deb's Home Made Fruit Turnovers Fruit Yogurt Smoothie Grapes	26 Whole Wheat English Muffin with Egg, Sausage & Cheese Fresh Cut Apple	27 Assorted Granola Bar Assorted Yogurt Fresh Cut Watermelon
30 Toasted English Muffin with PB & J or Cream Cheese Fruit Yogurt Smoothie Clementine				

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

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