

**Mason  
Elementary  
School**



**SEPTEMBER 2017  
LUNCH MENU**



**Chef Deb  
Food Service Director  
878-2962 Ext. 23**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8/28  <b>NO SCHOOL</b>  <b>TEACHER WORKSHOP DAY</b>	8/29  <b>NO SCHOOL</b>  <b>TEACHER WORKSHOP DAY</b>	8/30  Spaghetti with Meat Sauce or Marinara Whole Wheat Roll Baby Green Toss Salad with Chick Peas Cauliflower & Cucumber with Ranch Dip Grapes	8/31  Open Face Hot Turkey Sandwich on Whole Wheat Bread with Gravy Mash Potato Peas Carrots with Ranch Dip Fresh Cut Apples	1  <b>NO SCHOOL</b>
4  <b>NO SCHOOL</b>  <b>LABOR DAY</b>	5 "Taco Tuesday" Seasoned Ground Beef with Lettuce, Tomato & Cheese in a Soft or Corn Tortilla Shell with Salsa or Sour Cream Brown Rice & Beans Broccoli & Corn Fresh Cut Pineapple	6  Whole Wheat Baked Penne Pasta with Marinara Baby Green Toss Salad with Chick Peas Whole Wheat Garlic Crostitini Carrot & Green Beans Watermelon	7  Ham & Cheese on Whole Wheat Flat Bread Caesar Salad Orzo & Brown Rice Vegetable Salad Fresh Cut Cantaloupe	8  Filet of Fish on Whole Wheat Bun Cole Slaw French Fries Cherry Tomato & Cucumber with Ranch Dip Fresh Cut Oranges
11  Grilled Ham & Cheese on Whole Wheat Bread Spinach Salad Orzo & Brown Rice Vegetable Salad Clementine	12  Grilled Chicken Breast Caesar Salad Corn Bread Tomato & Black Bean Salsa Corn Pineapple	13  American Chop Suey Whole Wheat Garlic Bread Baby Green Toss Salad with Black Beans Broccoli & Carrot with Ranch Dip Fresh Cut Cantaloupe	14  Spiral Ham with Mash Potato Gravy, Peas Sautéed Summer Squash Whole Wheat Roll Fresh Cut Apple	15  Whole Wheat French Bread Pizza Cheese or Pepperoni Caesar Salad Cucumber & Cherry Tomato with Ranch Dip Fresh Cut Watermelon
18  Grilled Cheese on Whole Wheat Bread Cream of Tomato Soup Baby Green Toss Salad with Chick Peas Cucumber & Ranch Dip Fresh Cut Pears	19  Italian Sausage on Whole Wheat Sub Bun Whole Wheat Pasta Vegetable Salad Celery & Carrot with Ranch Dip Fresh Cut Watermelon	20  Whole Wheat Penne Pasta Chicken, Broccoli Alfredo Whole Wheat Roll Baby Green Toss Salad with Chick Peas Cherry Tomato & Ranch Dip Fresh Cut Apples	21  Breaded Pork Cutlets with Gravy Brown Rice Peas Cauliflower Apple Sauce Fresh Cut Pineapple	22 <b>Breakfast "4" Lunch</b> Whole Wheat Plain Pancake served with Local Maple Syrup Sausage, Hash Brown Apple Sauce Stewed Rhubarb Fresh Cut Cantaloupe
25  Oven Roasted BBQ or Plain Chicken Legs French Fries Spinach & Kale Salad with Black Beans Corn Fresh Cut Pineapple	26  Turkey & Mozzarella Cheese on Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Caesar Salad Cherry Tomato & Cauliflower with Ranch Dip Clementine	27  Mac & Cheese Plain or with Ham Whole Wheat Roll Spinach Salad with Chick Peas Broccoli & Carrot with Ranch Dip Fresh Cut Watermelon	28  Hot Dog on Whole Wheat Bun Baked Beans Red Pepper & Cucumber with Ranch Dip Fresh Cut Cantaloupe	29  Popcorn Shrimp with Sweet & Sour Sauce Cole Slaw Sweet Potato & Regular French Fries Cherry Tomato & Celery with Ranch Dip 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\*

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