

**Mason  
Elementary  
School**



**SEPTEMBER 2019  
LUNCH MENU**



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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		<b>August 28</b> Whole Wheat Penne Pasta w/Marinara or Meat Sauce Whole Wheat Roll Spinach Salad Broccoli & Carrots with Ranch Dip Fresh Cut Pineapple	<b>August 29</b> Whole Wheat French Bread Pizza (Cheese or Pepperoni) Baby Green Toss Salad with Black Beans Cucumber & Cherry Tomato with Ranch Dip Fresh Cut Orange	<b>August 30</b> <b>No School</b>
<b>2</b> <b>No School</b> <b>Labor Day</b>	<b>3</b> Whole Wheat Ham & Cheese Flat Bread Whole Wheat Pasta Vegetable Salad Cauliflower & Peppers with Ranch Dip Fresh Cut Cantaloupe	<b>4</b> American Chop Suey Whole Wheat Garlic Cheese Bread Caesar Salad Peas Fresh Cut Watermelon	<b>5</b> Open Faced Hot Turkey Sandwich on Whole Wheat Bread with Gravy Mash Potato Carrots Cauliflower Fresh Cut Apple	<b>6</b> Fish Taco on a Corn/Soft Shell with Lettuce, Tomato, Cheese, Salsa & Sour Cream Rice & Bean Pilaf, Coleslaw Cucumber & Carrots With Ranch Dip Fresh Cut Pineapple
<b>9</b> Shepard's Pie Whole Wheat Roll Peppers & Broccoli with Ranch Dip Fresh Cut Orange	<b>10</b> Breaded Chicken Cutlet with Gravy Mash Potato Green Beans Carrots with Ranch Dip Fresh Cut Cantaloupe	<b>11</b> Mac & Cheese Plain or with Ham Whole Wheat Roll Caesar Salad Cherry Tomato & Cauliflower with Ranch Dip Fresh Cut Watermelon	<b>12</b> Beef Chili Corn Bread Whole Wheat Pasta Vegetable Salad Broccoli & Peppers with Ranch Dip Clementine	<b>13</b> Oven Baked Battered Shrimp with Sweet & Sour Sauce French Fries, Coleslaw Cucumber & Carrots With Ranch Dip Fresh Cut Pineapple
<b>16</b> Hot Dogs on a Whole Wheat Bun Baked Beans Baby Green Toss Salad Fresh Cut Apple	<b>17</b> Baked Whole Wheat Penne Pasta with Marinara Sauce, Caesar Salad Whole Wheat Garlic Cheese Bread Cauliflower & Radish with Ranch Dip Fresh Cut Cantaloupe	<b>18</b> Turkey & Cheese on Whole Wheat Flat Bread Orzo & Brown Rice Vegetable Salad Spinach Salad Fresh Cut Watermelon	<b>19</b> Oven Baked BBQ Chicken Breast Mash Potato Gravy Whole Wheat Roll Peas Carrots & Ranch Dip Fresh Cut Pineapple	<b>20</b> Filet of Fish on a Whole Wheat Bun Roasted Potato Wedge Coleslaw Roast Corn & Peppers Fresh Cut Orange
<b>23 Breakfast "4" Lunch</b> French Toast Served with Local Maple Syrup Sausage Tater Tots Apple Sauce Fresh Cut Cantaloupe	<b>24</b> Garlic & Herb Oven Baked Chicken Breast with Tomato Salsa Caesar Salad Corn Tortilla Chips Carrots with Ranch Dip Fresh Cut Pineapple/Grapes	<b>25</b> Lasagna Whole Wheat Garlic Cheese Bread Caesar Salad Broccoli & Cucumber with Ranch Dip Fresh Cut Watermelon	<b>26</b> Pan Seared Boneless Pork Chop with Gravy Mash Potato Whole Wheat Roll Sautéed Seasonal Vegetable Medley Fresh Cut Maple Glazed Apples	<b>27</b> Popcorn Shrimp with Sweet & Sour Sauce Sweet Potato Fries Broccoli slaw Whole Wheat Roll Red Pepper with Ranch Dip Fresh Cut Pineapple & Strawberries
<b>30</b> Grilled Ham & Cheese on Whole Wheat Bread Whole Wheat Pasta Vegetable Salad Baby Green Toss Salad Fresh Cut Cantaloupe & Kiwi				

**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](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](mailto:program.inkate@usda.gov)  
This institution is an equal opportunity provider