

**Mason
Elementary
School**



**October 2023
BREAKFAST MENU**



Chef Lyn

878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
2 Assorted Cereal Fruit, 100% Juice Choice of Milk	3 Buttermilk Pancakes with Maple Syrup Fruit, 100% Juice Choice of Milk	4 Assorted Muffins Fruit, 100% Juice Choice of Milk	5 Yogurt Fruit, 100% Juice Choice of Milk	6 No School Teacher Workshop Day
9 No School Indigenous Peoples' Day	10 Assorted Cereal Fruit, 100% Juice Choice of Milk	11 Assorted Muffins Fruit, 100% Juice Choice of Milk	12 Bacon, Egg & Cheese Croissant Fruit, 100% Juice	13 Breakfast Bar Fruit, 100% Juice Choice of Milk
16 Assorted Cereal 100% JUICE Fruit & Milk Choice	17 Cinnamon Roll Fruit, 100% Juice Choice of Milk	18 Honey Bun Fruit, 100% Juice Choice of Milk	19 Banana Bread Fruit, 100% Juice Choice of Milk	20 Breakfast Bar Fruit, 100% Juice Choice of Milk
23 Assorted Cereal Fruit, 100% Juice Choice of Milk	24 Assorted Muffins Fruit, 100% Juice Choice of Milk	25 Cinnamon Roll Fruit, 100% Juice Choice of Milk	26 Honey Bun Fruit, 100% Juice Choice of Milk	27 Breakfast Bar Fruit, 100% Juice Choice of Milk
30 Assorted Cereal Fruit, 100% Juice Choice of Milk	31 Spider Donut Fruit, 100% Juice Choice of Milk			
Snack Milk or Juice - \$0.55		This institution is an equal opportunity provider		

Breakfast - \$1.90

Lunch - \$2.95

Drink Choices: Fat Free Chocolate Milk,
Low Fat White Milk
Juice