

**Mason
Elementary
School**



October 2023

LUNCH MENU



Chef Lyn

878-2962 Ext. 23

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Sub Cucumber Coins Fruit Choice of Milk	3 Teriyaki Chicken with Noodles Diced Carrots Dinner Rolls Fruit Choice of Milk	4 Grilled Cheese Tomato Soup Broccoli Fruit Choice of Milk	5 Popcorn Chicken Mashed Potato w/Gravy Seasoned Corn Fruit Choice of Milk	6 No School Teacher Workshop Day
9 No School Indigenous Peoples' Day	10 French Toast Sticks Sausage Links Tasty Tater Tots Fruit Choice of Milk	11 Cheeseburger Diced Carrots Fruit Choice of Milk	12 Chicken Tenders & Waffles Baked Beans Sweet Potato Fries Fruit Choice of Milk	13 Nacho's Seasoned Meat, Cheese Lettuce, Tomato, Salsa Seasoned Corn Fruit Choice of Milk
16 Grilled Hot Dog Baked Beans Green Beans Fruit Choice of Milk	17 Mozzarella Cheese Sticks Marinara Cup Broccoli Fruit Choice of Milk	18 Mandarin Orange Chicken Brown Rice Glazed Carrots Fruit Choice of Milk	19 Chicken Quesadilla Seasoned Corn Salsa, Sour Cream Fruit Choice of Milk	20 Lasagna Garden Salad Garlic Toast Fruit Choice of Milk
23 Crispy Chicken Drumstick Carrots & Dip Fruit Choice of Milk	24 Pasta w/Meat sauce Garlic Toast Green Beans Fruit Choice of Milk	25 Turkey & Cheese Sandwich Baked Chips Cucumber & Dip Fruit Choice of Milk	26 Beef Taco's Lettuce, Tomato, Salsa Rice Seasoned Corn Fruit Choice of Milk	27 Chicken Parmesan Flatbread Sweet Potato Fries Fruit Choice of Milk
30 Cheeseburger Roasted Butternut Squash Fruit Choice of Milk	31 Spooky Chicken Nuggets Ghost Potatoes Frightful Fruit Choice of Milk			

Snack Milk or Juice - \$0.55

Breakfast - \$1.90

Lunch - \$2.95

Drink Choices: Fat Free Chocolate Milk,

Low Fat White Milk

Juice

This institution is an equal opportunity provider