

# 2017-2018 MASON ELEMENTARY SCHOOLS SCHOOL LUNCH MENU

## BREAKFAST MENU

Dear Parents As you know, breakfast is the most important meal of the day. As your child's educational facility, we know that hungry children cannot learn. As the first step toward addressing this issue, we serve breakfast at all Mason Public Schools. Breakfast is served before school at different locations in each building. See each individual building for locations and times of service. Breakfast is \$.30 for reduced-pay students and \$1.50 for full-pay students. A school breakfast is made up of 3 meal components, which are defined as 1 serving of fruit or Juice, 1 serving of milk and 1 equivalent grain/bread. (Options may include: Whole Grain Kellogg's® Cereals, Nutri-Grain® Bars, Whole Grain Scooby Doo and Bug Bites grahams and Whole Grain Crunchmanila.)

### EM LUNCHES

REDUCED LUNCH \$0.10  
ADULT LUNCH \$4.00  
BREAKFAST \$1.50  
REDUCED BREAKFAST \$0.30

## LUNCH MENU

A choice of 1% low-fat white milk, skim milk, & 1% chocolate are offered each day with meals. School lunch consists of 5 components: meat/seafood, fruit, vegetable, bread and milk. Many times our main entree consists of 2 components. Menus are subject to change due to availability of products, Allergy Policy. Before menu substitutions can be made, a parent's doctor's note needs to be on file with the Food Service office. Please send in a note if you would like to put purchasing restrictions on your child's meal account.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	• Hot Sauski with Garlic Sauce OR • Corn Dog on a Stick • Carrots & Pip • Whole Apple	• Chicken Nuggets with Roll & Butter OR • Hamburger • Potato Salad • Strawberry Cup	• Hot Dog OR • Toppin', Cheese Stick, Mini Rollin' • Baked Beans • Fruit Cup	• Biscuits & Cheese OR • Fizzy Juice • Green Beans • Apples	• Chicken Tenders • Softish Crackers OR • Pizza Crusties • Tossed Romano Salad • Fresh Apple Slices
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	• Mini Corn Dogs • Corn-Taco Crusties OR • Pizza Stick • Carrots & Pip • Fruit Cup	<b>BRUNCH FOR LUNCH</b> • Apple Cinnamon Texas Toast with Sausage Patties OR • Breakfast Omelette Sandwich • Potato Slices • Juice Cup	• Biscuits & Bread • Softish Roll OR • Hot Dog • Cherry Tomatoes • Shredded Apples	• Spaghetti with Garlic Sauce OR • Toppin', Cheese Stick, Mini Rollin' • Biscuits • Green Beans	• Chicken Tenders • Macaroni with Cheese OR • Hot Dog & Cheese Sandwich • Baked Beans • Fruit Cup
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	• Chicken Sandwich OR • Toppin', Cheese • Mini Rollin' • Carrots & Pip • Strawberries	<b>BRUNCH FOR LUNCH</b> • Eggome Mini Pancakes • Sausage Links OR • Bacon & Egglet Stick with Salsa Cup • Potato Slices • Juice Cup	• Chicken Pot Pie OR • BBQ Honey Bippies with Bread Stick • Biscuits & Cheese • Applesauce Cup	• Spaghetti OR • Fizzy Juice • Toppin', Romano Salad • Side Kick Fruit Smoothie	• Chicken Tenders with Bread Stick OR • Hamburger • Baked Beans • Fruit Cup
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	• Chicken Nuggets with Roll & Butter OR • Hot Dog Sandwich • Baked Beans • Fruit Cup	• Hot Dog OR • Toppin' Sandwich • Tossed Salad • Fruit Cup	• Biscuits & Bread • Softish Roll OR • Chili with Cheese Cup • Potato Wedges • Apple Slices	• Toppin', Cheese & Mashed Potatoes with Biscuits OR • Honey Cup, Cheese Stick, Fruit, & Potatoes • Strawberries Cup	• Chicken Tenders OR • Mini Corn Dogs • Tater Tots • BBQ Cheese-Itz • Fruit Cup
WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	• Pizza OR • Mini Sub Sandwich • Carrots & Pip • Applesauce Cup	<b>BRUNCH FOR LUNCH</b> • French Toast Sticks with Sausage Patties OR • Breakfast English Waffle Sandwich • Hot Sauce • Juice Cup	• Chicken Fingers with Bread & Butter OR • Pulled BBQ Pork • Biscuits • Fruit Cup	• Nacho Supreme OR • Gnocchi • Baked Beans • Whole Pear	• Chicken Tenders • Softish Biscuits OR • Cheeseburger • Potato Slices • Lunch Bunch

### SCHOOL MEAL CALENDAR

● Week One Meal Plan  
● Week Two Meal Plan  
● Week Five Meal Plan  
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Month	S	M	T	W	T	F	S
August '17	1	2	3	4	5	6	7
September '17	10	11	12	13	14	15	16
October '17	18	19	20	21	22	23	24
November '17	26	27	28	29	30	1	2
December '17	3	4	5	6	7	8	9
January '18	11	12	13	14	15	16	17
February '18	19	20	21	22	23	24	25
March '18	27	28	29	30	31	1	2
April '18	3	4	5	6	7	8	9
May '18	11	12	13	14	15	16	17
June '18	19	20	21	22	23	24	25