MAST NOVEMBER. 2014 HIGH SCHOOL MENU
GRADES 7-12

Pizza Offered Daily:
Cheese Pizza
Pepperoni Pizza

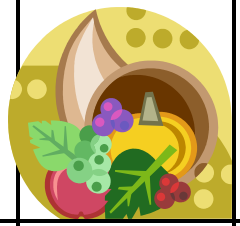
SOUP OF THE WEEK
WEEK 1 CHILI
WEEK 2 HOMESTYLE CHICKEN NOODLE
WEEK 3 CREAM OF BROCCOLI CHEDDAR

Salads

Try the salad bar this week new fresh new items added daily

Sandwiches

Have a built to order sandwich from our sandwich Station, choose your bread, wrap, or roll and what you would like on it and we will build you your sandwich or wrap while you wait.

				Don't forget to try the yogurt and pudding dessert bar.
11/3 Popcorn Chicken w/ Bread Mashed Potatoes and Gravy Mixed Fruit	11/4 Salisbury Steak w/ Gravy & Dinner Roll Fresh Cucumber Slices Sweet Pears	11/5 Mini Pancakes w/ Turkey Sausage Potato Rounds Pineapple Tidbits	11/6 Beef and Cheese Nachos Refried Beans Tropical Fruit Salad	11/7 Spaghetti w/ Meat Sauce & Garlic Bread Steamed Carrots Red Delicious Apple
11/10 School Closed	11/11 School Closed Veterans Day	11/12 Ham and Cheese Pretzel Melt Tender Peas Sweet Peaches	11/13 Meatball Sandwich Steamed Broccoli Cinnamon Applesauce	11/14 Tuna Melt Mixed Vegetables Fresh Banana
11/17 Baked Macaroni & Cheese Dinner Roll Stewed Tomatoes Granny Smith Apple	11/18 Grilled Cheese Sandwich Tossed Salad Mandarin Oranges	11/19 French Toast Sticks Pork Sausage Patties Potato Rounds 100% Juice	11/20 Harvest Feast Turkey w/ Gravy Roasted Potatoes Green Beans Baked Apples	11/21 Sweet and Sour Chicken over Rice Three Bean Salad Chilled Pears
11/24 Pizza Pasta Bake Dinner Roll Sweet Peaches String Beans	11/25 Taco's Spanish Rice Mixed Fruit Cup	11/26 Meatball Sub On a whole wheat roll Oven Baked Fries Crisp Apple	11/27 Happy Thanksgiving	11/28 No School

LUNCH PRICE
STUDENT: $2.50
REDUCED STUDENT: $.40
BREAKFAST PRICE
STUDENT: $1.50
REDUCED STUDENT: $.30

Featured Vegetable Subgroups Offered

Broccoli, Peas, Celery, Carrots, Dark Greens, Legumes, Cucumbers, Apples, Oranges, Bananas, Peaches, Pears

Available Daily

Fat-Free Chocolate, Fat Free Strawberry, Skim Milk & 1 %t White Milk

Food Service Director:
Bob Trommer
(267)348-1142
rtrommer@mastccs.org

The Nutrition Group

MENU SUBJECT TO CHANGE