

Mast High School September Lunch Menu



Food Service Director: Bob Trommer
E-Mail rtrommer@mastccs.org
267-348-1142

The Grille

Grilled Chicken Sandwich
Cheeseburger on a Bun
Breaded Chicken Sandwich

The Garden

Build Your own Salad Bar
Antipasto Salad
Roast Turkey & Cheese Salad
Chicken Caesar Salad
Garden Salad with Cheese
Chef Salad
Breaded Chicken Salad

The Pizzeria

Hot Buffalo Chicken Pizza
Pepperoni Pizza
Mozzarella Cheese Pizza
Broccoli & Cheese Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

Monday	Tuesday	Wednesday	Thursday	Friday
8/29  Fresh Produce from Local Farms based on crop availability	8/30	8/31 Sweet and Sour Meatballs over Noodles With Dinner Roll Sweet Corn Peaches Fat Free Milk	9/1 Chicken Cordon Bleu Dinner Roll Carrot Coins Applesauce Fat Free Milk	9/2 Grilled Chicken Sandwich Black Bean Salad Mandarin Oranges Fat Free Milk
9/5 School Closed	9/6 BBQ Rib on a Bun Baked Beans Sliced Apples Fat Free Milk	9/7 Italian Dunkers With Sauce Mixed Vegetables Diced Pears Fat Free Milk	9/8 Popcorn Chicken Fresh Dinner Roll Mashed Potatoes Pineapple Tidbits Fat Free Milk	9/9 Turkey and Cheese Melt Broccoli Florets Fresh Orange Fat Free Milk
9/12 Buffalo Chicken Dunkers Steamed Cauliflower Strawberries Fat Free Milk	9/13 Cheese Steak Mixed Vegetables Fresh Banana Fat Free Milk	9/14 Sloppy Joe on a Roll Carrot Coins Applesauce Fat Free Milk	9/15 Pizza Pasta Bake Dinner Roll Steamed Broccoli Pineapple Tidbits Fat Free Milk	9/16 Corndog Nuggets Chick Pea Salad Crisp Apple Fat Free Milk
9/19 Meatball Hoagie Golden Corn Mixed Fruit Cup Fat Free Milk	9/20 Hot Ham and Cheese Melt On a Bun Black Bean Salad Sliced Peaches Fat Free Milk	9/21 BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	9/22 Sweet and Sour Chicken Over brown rice Steamed Broccoli Mandarin Oranges Fat Free Milk	9/23 Chicken Alfredo over Pasta dinner roll Steamed Green Beans Applesauce Fat Free Milk
9/26 Macaroni and Cheese Fresh Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	9/27 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	9/28 Chicken and Broccoli Casserole Dinner Roll Steamed Broccoli Blueberries Fat Free Milk	9/29 Salisbury Steak with Mashed Potatoes Dinner Roll Celery Sticks Cinnamon Applesauce Fat Free Milk	9/30 Honey Lemon Chicken Dinner Roll Brown Rice 3 Bean Salad Fat Free Milk
Pasta Bar Pasta, Marinara, Alfredo Sauce, Season Diced Chicken, Meatballs, Steamed Vegetables, Garlic Bread	Nacho Bar Taco Season Turkey Nacho Chips, Fiesta Rice, Cheese Sauce, Seasoned Corn, Refried Beans	Stir-Fry Bar General Tso's Chicken, Teriyaki Pork, Steamed Broccoli, Brown Rice, Vegetable Lo Mein, Oriental Vegetables, Asian Cole Slaw	Cheese Steak Bar Beef or Chicken Cheese Steak, Buffalo, Marinara and Cheese Sauces, American Cheese, Sautéed Peppers, Onion & Mushrooms	Pho Bar Build Your Own Noodle Bowl, Pork, Meatballs, Beef, Noodles, Corn, Peas and Broth

The Deli

Made to order Deli Station
Spicy Italian Hoagie
Buffalo Chicken
Oven Roasted Turkey and Cheese
Ham & Cheese
Tuna Salad

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid \$2.78 Reduced \$4.40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

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