

Mast High School November Lunch Menu



Food Service Director: Bob Trommer
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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
10/31  Fresh Produce from Local Farms based on crop availability	11/1 Chicken Tenders Dinner Roll Cucumber Slices Chilled Pears Fat Free Milk	11/2 Toasted Ham and Cheese French Fries Petite Banana Fat Free Milk	11/3 Chicken Cordon Bleu Dinner Roll Celery Sticks Applesauce Fat Free Milk	11/4 Tuna Melt 3 Bean Salad Orange Smiles Fat Free Milk
11/7 Chicken Alfredo over Pasta dinner roll Steamed Green Beans Applesauce Fat Free Milk	11/8 Salisbury Steak with Mashed Potatoes Dinner Roll Celery Sticks Cinnamon Applesauce Fat Free Milk	11/9 Italian Dunkers With Sauce Mixed Vegetables Diced Pears Fat Free Milk	11/10 Popcorn Chicken Fresh Dinner Roll Mashed Potatoes Pineapple Tidbits Fat Free Milk	11/11 Closed
11/14 Buffalo Chicken Dunkers Steamed Cauliflower Strawberries Fat Free Milk	11/15 Cheese Steak French Fries Diced Peaches Fat Free Milk	11/16 Harvest Feast Carved Turkey, Dinner Roll Roasted Potatoes Creamy Coleslaw Apple Bake Fat Free Milk	11/17 Pizza Pasta Bake Dinner Roll Steamed Broccoli Pineapple Tidbits Fat Free Milk	11/18 Corndog Nuggets Chick Pea Salad Crisp Apple Fat Free Milk
11/21 Meatball Hoagie Golden Corn Mixed Fruit Cup Fat Free Milk	11/22 Hot Ham and Cheese Melt On a Bun Black Bean Salad Sliced Peaches Fat Free Milk	11/23 BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	11/24 Closed Happy Thanksgiving	11/25 Closed
11/28 Macaroni and Cheese Fresh Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	11/29 Cheeseburger Baked Beans Apple Slices Fat Free Milk	11/30 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	12/1	
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

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