

**Mast Community Charter
Elementary Lunch Menu
November 2016**

Food Service Director: Bob Trommer
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



**Fresh Fruits and Vegetables
Offered Daily**

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings




*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
10/31  Whole Grains Available Daily  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 Cinnamon Applesauce Fat Free Milk	11/4 Tuna Melt 3 Bean Salad Orange Smiles Fat Free Milk	Week 1 Chef Salad with Roll Turkey and Cheese Sandwich Tuna Salad Sandwich Peanut Butter and Jelly Sandwich	
11/7 Chicken Alfredo over Pasta Steamed Green Beans Applesauce Fat Free Milk	11/8 Salisbury Steak with Mashed Potatoes Celery Sticks Cinnamon Applesauce Fat Free Milk	11/9 Italian Dunkers With Marinara Sauce Mixed Vegetables Diced Pears Broccoli Salad Fat Free Milk	11/10 Popcorn Chicken With Sliced Bread Mashed Potatoes Pineapple Tidbits Fat Free Milk	11/11 Closed	Week 2 Grilled Chicken Salad with Roll Italian Wrap Chicken Salad Sandwich Peanut Butter and Jelly Sandwich	
11/14 Pizza Dunkers Steamed Cauliflower Strawberry Cup Fat Free Milk	11/15 Cheese Steak French Fries Diced Peach Cup 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 Mixed Fruit Fat Free Milk	11/18 CornDog Nuggets Chick Pea Salad Crisp Apple Fat Free Milk	Week 3 Chicken Caesar Salad with Roll Cheese Sandwich Ham and Cheese Sandwich Peanut Butter and Jelly Sandwich	
11/21 Meatball Hoagie Golden Corn Apricot Cup Fat Free Milk	11/22 Hot Ham and Cheese Melt on a Bun Black Beans 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	Week 4 Chicken Popper Salad with Roll Turkey, Ham and Cheese Wrap Bologna Sandwich Peanut Butter and Jelly Sandwich	
11/28 Macaroni and Cheese with Sliced Bread Stewed Tomatoes Mixed Fruit Salad 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 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	Week 5 Taco Salad with Roll Buffalo Chicken Sandwich Grilled Chicken Caesar Wrap Peanut Butter and Jelly Sandwich		
Monday Chicken Nuggets with Bread	Tuesday Beef & Cheese Tacos	Wednesday Breaded Chicken Patty on a Bun	Thursday Hot Dog On a Bun	Friday Cheese Pizza	Lunch Prices: Paid \$2.78 Reduced \$.40	