


Mast Community Charter School November Breakfast

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31  Whole Grains Available Daily	11/1 Scrambled Eggs with Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/2 Assorted Bagels Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/3 Waffles with fruit Topping Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/4 Breakfast Pizza Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
11/7 Sausage Egg and Cheese Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/8 Mini Strawberry Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/9 Cinnamon French Toast with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/10 Mini Breakfast Bread Loafs or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/11 Closed
11/14 Turkey sausage egg and cheese breakfast wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/15 Pancakes with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/16 Egg and cheese English muffin Or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/17 Mini apple pancakes or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/18 Apple topped French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
11/21 Fluffy Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/22 Apple Square or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/23 Pancake Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/24 Closed Happy Thanksgiving	11/25 Closed
11/28 French Toast and Turkey Sausage or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/29 Ham egg and Cheese English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	11/30 Chocolate Banana Bar or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk		

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins
 Chocolate Chip Oatmeal Breakfast Bar
 Warm Grab & Go Breakfast Sandwiches
 Fortified Breakfast Pastries
 Warm Bagels
 Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

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

Proud to manage your
food service program



Meal Prices:
Paid \$1.50
Reduced \$.30

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

MENUS SUBJECT TO CHANGE