

**Mast Community Charter School
Elementary Lunch Menu
February 2017**

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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,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
1/30 Macaroni and Cheese Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	1/31 Chicken and Broccoli Casserole w/ dinner roll Cucumber Slices Blueberries Fat Free Milk	2/1 Breakfast for Lunch Pancakes Sausage Tater Tots 100% Juice Fat Free Milk	2/2 Salisbury Steak Mashed Potatoes Side Tossed Salad Cinnamon Applesauce Fat Free Milk	2/3 Chicken Fajitas Spanish Rice 3 Bean Salad Diced Peaches Fat Free Milk	Week 1 Garden Salad Turkey and Cheese Sandwich Ham and Cheese Sandwich Peanut Butter and Jelly Sandwich
2/6 Max Sticks w/ Sauce Steamed Green Beans Applesauce Fat Free Milk	2/7 Grilled Chicken Parm Sand Cucumber Slices Mixed Fruit Fat Free Milk	2/8 Chicken Tenders Mixed Vegetables Diced Pears Broccoli Salad Fat Free Milk	2/9 Ham Tetrizzini Dinner Roll Carrot Coins Pineapple Tidbits Fat Free Milk	2/10 Chicken Teriyaki w/ Vegetables and Brown Rice Petite Banana Fat Free Milk	Week 2 Grilled Chicken Salad with Roll Turkey and Cheese Sandwich Peanut Butter and Jelly Sandwich
2/13 BBQ Rib Sandwich Baby Carrots Apple Slices Fat Free Milk	2/14 Pasta w/ Meat sauce Dinner Roll Celery Sticks Petite Banana Fat Free Milk	2/15 Italian Dunkers With Marinara Sauce Steamed Broccoli Mandarin Oranges Fat Free Milk	2/16 Comdog Nuggets Chick Pea Salad Crisp Apple Fat Free Milk	2/17 Popcorn Chicken Bowl Dinner Roll Mashed Potatoes Pineapple Tidbits Fat Free Milk	Week 3 Garden Salad with Roll Cheese Sandwich Ham and Cheese Sandwich Peanut Butter and Jelly Sandwich
2/20 Fresh Produce from Local Farms based on crop availability President's Day No School	2/21 Hot Ham and Cheese Melt on a Bun Black Beans Salad Sliced Peaches Fat Free Milk	2/22 BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	2/23 Sloppy Joe Sandwich French Fries Fresh Orange Fat Free Milk	2/24 Italian Chicken over pasta Primavera Broccoli Applesauce Fat Free Milk	Week 4 Chicken Salad with Roll Ham and Cheese Sandwich Cheese Sandwich Peanut Butter and Jelly Sandwich
2/27 Cheeseburger Mac Dinner roll Golden Corn Apricot Cup Fat Free Milk	2/28 Chicken Patty Sandwich Baby Carrots Apple Slices Fat Free Milk	3/1 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	3/2 BBQ Pork Sandwich Baked Beans Orange Fat Free Milk	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 Ham and Cheese Sandwich Cheese Sandwich Peanut Butter and Jelly Sandwich
Monday Chicken Nuggets with Dinner Roll	Tuesday Beef & Cheese Nachos	Wednesday Hamburger on a Bun	Thursday Cheese Pizza	Friday Hot Dog On a Bun	Lunch Prices: Paid \$2.78 Reduced \$.40