


# Mast Community Charter School February Breakfast

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| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <b>1/30</b><br>French Toast<br>Turkey sausage<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                                  | <b>1/31</b><br>Ham egg and cheese<br>English Muffin<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk | <b>2/1</b><br>Chocolate Banana Bar<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                | <b>2/2</b><br>Cinnamon Bun<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                      | <b>2/3</b><br>Fluffy Pancakes<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                     |
| <b>2/6</b><br>Sausage Egg and Cheese<br>Bagel<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                                  | <b>2/7</b><br>Waffles<br>Or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                            | <b>2/8</b><br>Cinnamon French Toast with Syrup or<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk | <b>2/9</b><br>Mini Breakfast Bread Loafs or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk        | <b>2/10</b><br>Cinnamon Bun<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                       |
| <b>2/13</b><br>Sausage Egg & Cheese<br>English Muffin<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                          | <b>2/14</b><br>Bagels<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                               | <b>2/15</b><br>Pancakes<br>Or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                        | <b>2/16</b><br>Egg and Cheese<br>English Muffin<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk | <b>2/17</b><br>French Toast Sticks or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                |
| <b>2/20</b><br> Whole Grains Available Daily<br>President's Day<br>School Closed | <b>2/21</b><br>Apple Square or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                         | <b>2/22</b><br>Pancake Wrap<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                       | <b>2/23</b><br>Fluffy Pancakes<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                  | <b>2/24</b><br>Chocolate Banana Bar<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk               |
| <b>2/27</b><br>French Toast and Turkey Sausage or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                                 | <b>2/28</b><br>Ham egg and Cheese English Muffin or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk    | <b>3/1</b><br>Chocolate Banana Bar or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk                | <b>3/2</b><br>Mini Breakfast Bread Loafs or Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>Low Fat Milk        | <b>3/3</b><br>Sausage Egg & Cheese English Muffin<br>Assorted Whole Grain Cereal with Toast<br>Chilled Juice or Fruit<br>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 \$3.30

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