

Mast High School February Lunch Menu



Food Service Director: Bob Trommer
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	Monday	Tuesday	Wednesday	Thursday	Friday
The Grille Grilled Chicken Sandwich Cheeseburger on a Bun Breaded Chicken Sandwich Spicy Chicken Sandwich	1/30 Macaroni and Cheese Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	1/31 Chicken and Broccoli Caserole 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 Applesauce Fat Free Milk	2/3 Chicken Fajitas Spanish Rice 3 Bean Salad Diced Peaches Fat Free Milk
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	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 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
The Pizzeria Buffalo Chicken Pizza Pepperoni Pizza Mozzarella Cheese Pizza Broccoli & Cheese Pizza	2/13 BBQ Rib Sand Baby Carrots Apples Fat Free Milk	2/14 Pasta w/ Meat sauce Dinner Roll Celery Sticks Petite Banana Fat Free Milk	2/15 Italian Dunkers w/ Sauce Steamed Broccoli Mandarin Oranges Fat Free Milk	2/16 Corndog Nuggets Chick Pea Salad Oranges Fat Free Milk	2/17 Popcorn Chicken Bowl Dinner Roll Mashed Potatoes Pineapple Tidbits Fat Free Milk
Fresh Produce from Local Farms based on crop availability	2/20 President's Day No School	2/21 Hot Ham and Cheese Melt On a Bun Black Bean 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
Grab & Go A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!	2/27 Cheeseburger Mac Fresh Dinner Roll Golden Corn Apricot Cup Fat Free Milk	2/28 Cheeseburger Baked Beans 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 Oranges Fat Free Milk	
Options					

The Deli

Made to order Deli Station
Hoagies
Wraps
Sandwiches
Platters

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

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