

Mast High School January Lunch Menu



Food Service Director: Bob Trommer
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The Grille

Grilled Chicken Sandwich
Cheeseburger on a Bun
Breaded Chicken Sandwich
Spicy Chicken Sandwich

	Monday	Tuesday	Wednesday	Thursday	Friday
1/2	No School	1/3 BBQ Pork Sandwich Steamed Green Beans Applesauce Fat Free Milk	1/4 Sloppy Joe Sandwich Sweet Corn Peaches Fat Free Milk	1/5 Chicken Cordon Bleu Dinner Roll Carrot Coins Applesauce Fat Free Milk	1/6 Buffalo Chicken Sandwich Black Bean Salad Mandarin Oranges Fat Free Milk
	Fresh Produce from Local Farms based on crop availability				
1/9	Fish Sticks w/ Dinner Roll Steamed Cauliflower Strawberries Fat Free Milk	1/10 BBQ Chicken Sandwich Baked Beans Sliced Apples Fat Free Milk	1/11 Italian Dunkers With Sauce Mixed Vegetables Diced Pears Fat Free Milk	1/12 Popcorn Chicken Fresh Dinner Roll Mashed Potatoes Pineapple Tidbits Fat Free Milk	1/13 Turkey and Cheese Melt Broccoli Florets Fresh Orange Fat Free Milk
1/16	Martin Luther King Day No School	1/17 Cheese Steak Mixed Vegetables Fresh Banana Fat Free Milk	1/18 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	1/19 Pasta w/ Meat Sauce Dinner Roll Steamed Broccoli Pineapple Tidbits Fat Free Milk	1/20 Corndog Nuggets Chick Pea Salad Crisp Apple Fat Free Milk
1/23	Meatball Sub Golden Corn Mixed Fruit Cup Fat Free Milk	1/24 Hot Ham and Cheese Melt On a Bun Black Bean Salad Sliced Peaches Fat Free Milk	1/25 BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	1/26 Sweet and Sour Chicken Over brown rice Steamed Broccoli Mandarin Oranges Fat Free Milk	1/27 Chicken Alfredo over Pasta dinner roll Steamed Green Beans Applesauce Fat Free Milk
1/30	Macaroni and Cheese Fresh Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	1/31 Chicken and Broccoli Casserole Dinner Roll Steamed Broccoli Blueberries Fat Free Milk	2/1 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	2/2 Salisbury Steak with Mashed Potatoes Dinner Roll Celery Sticks Cinnamon Applesauce Fat Free Milk	2/3 Chicken Fajitas Spanish Rice 3 Bean Salad 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

The Pizzeria

Buffalo Chicken Pizza
Pepperoni Pizza
Mozzarella Cheese Pizza
Broccoli & Cheese Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

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
Spinach
Legume Salads
Celery & Cucumber
Romaine Lettuce

*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 \$4.00

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MENUS SUBJECT TO CHANGE