

**Mast Community Charter
Elementary Lunch Menu
January 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, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>1/2</p> <p>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</p>	<p>1/3</p> <p>BBQ Pork Sandwich Green Beans Applesauce Fat Free Milk</p>	<p>1/4</p> <p>Sloppy Joe Sandwich Sweet Corn Sliced Peaches Fat Free Milk</p>	<p>1/5</p> <p>Chicken Cordon Bleu Dinner Roll Carrot Coins Berry Applesauce Fat Free Milk</p>	<p>1/6</p> <p>Grilled Chicken Sandwich Black Beans Mandarin Oranges Fat Free Milk</p>	<p>Week 1</p> <p>Chef Salad with Roll Turkey and Cheese Sandwich Tuna Salad Sandwich Peanut Butter and Jelly Sandwich</p>
<p>1/9</p> <p>Fish Sticks w/ Dinner Rolls Steamed Cauliflower Strawberry Cup Fat Free Milk</p>	<p>1/10</p> <p>Cheese Burger Baked Beans Sliced Apples Fat Free Milk</p>	<p>1/11</p> <p>Italian Dunkers With Marinara Sauce Mixed Vegetables Diced Pears Broccoli Salad Fat Free Milk</p> <p><i>Chief Basil's Wellness Wednesday</i></p>	<p>1/12</p> <p>Popcorn Chicken With Sliced Bread Mashed Potatoes Pineapple Tidbits Fat Free Milk</p>	<p>1/13</p> <p>Turkey and Cheese Melt on a Bun Broccoli Florets Rosy Applesauce Fat Free Milk</p>	<p>Week 2</p> <p>Grilled Chicken Salad with Roll Italian Wrap Chicken Salad Sandwich Peanut Butter and Jelly Sandwich</p>
<p>1/16</p> <p>Martin Luther King Day No School</p> <p> Fresh Produce from Local Farms based on crop availability</p> <p> Whole Grains Available Daily</p>	<p>1/17</p> <p>Cheese Steak Baby Carrots Diced Peach Cup Fat Free Milk</p>	<p>1/18</p> <p>French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk</p>	<p>1/19</p> <p>Past w/ Meat sauce Dinner Roll Steamed Broccoli Mixed Fruit Fat Free Milk</p>	<p>1/20</p> <p>Corndog Nuggets Chick Pea Salad Crisp Apple Fat Free Milk</p>	<p>Week 3</p> <p>Chicken Caesar Salad with Roll Cheese Sandwich Ham and Cheese Sandwich Peanut Butter and Jelly Sandwich</p>
<p>1/23</p> <p>Meatball Sub Golden Corn Apricot Cup Fat Free Milk</p>	<p>1/24</p> <p>Hot Ham and Cheese Melt on a Bun Black Beans Salad Sliced Peaches Fat Free Milk</p>	<p>1/25</p> <p>BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk</p>	<p>1/26</p> <p>Sweet and Sour Chicken over Brown Rice Steamed Broccoli Mandarin Oranges Fat Free Milk</p>	<p>1/27</p> <p>Chicken Alfredo over Pasta Steamed Green Beans Applesauce Fat Free Milk</p>	<p>Week 4</p> <p>Chicken Popper Salad with Roll Turkey, Ham and Cheese Wrap Bologna Sandwich Peanut Butter and Jelly Sandwich</p>
<p>1/30</p> <p>Macaroni and Cheese with Sliced Bread Stewed Tomatoes Mixed Fruit Salad Fat Free Milk</p>	<p>1/31</p> <p>Chicken and Broccoli Casserole With dinner roll Cucumber Slices Blueberries Fat Free Milk</p> <p></p>	<p>2/1</p> <p>French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk</p>	<p>2/2</p> <p>Salisbury Steak with Mashed Potatoes Side Tossed Salad Cinnamon Applesauce Fat Free Milk</p>	<p>2/3</p> <p>Chicken Fajitas Spanish Rice 3 Bean Salad Fat Free Milk</p>	<p>Week 5</p> <p>Taco Salad with Roll Buffalo Chicken Sandwich Grilled Chicken Caesar Wrap Peanut Butter and Jelly Sandwich</p>
<p>Monday</p> <p>Chicken Nuggets with Bread</p>	<p>Tuesday</p> <p>Beef & Cheese Nachos</p>	<p>Wednesday</p> <p>Breaded Chicken Patty on a Bun</p>	<p>Thursday</p> <p>Cheese Pizza</p>	<p>Friday</p> <p>Hot Dog On a Bun</p>	<p>Lunch Prices: Paid \$2.78 Reduced \$.40</p>