


Mast Community Charter School January Breakfast

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2  Whole Grains Available Daily	1/3 Mini Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/4 Assorted Bagels Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/5 Waffles with fruit Topping Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/6 Breakfast Pizza Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
1/9 Turkey sausage egg and cheese breakfast wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/10 Sausage Egg and Cheese Bagel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/11 Cinnamon French Toast with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/12 Mini Breakfast Bread Loafs or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/13 Fruited Yogurt with Mini Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
1/16 Martin Luther King Day No School	1/17 Pancakes with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/18 Egg and cheese English muffin Or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/19 Breakfast Taco or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/20 Apple topped French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
1/23 Breakfast Burrito or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/24 Apple Square or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/25 Pancake Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/26 Sausage Egg and Cheese Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/27 Scrambled Eggs with Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
1/30 French Toast and Turkey Sausage or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	1/31 Ham egg and Cheese English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	2/1 Chocolate Banana Bar or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	2/2 Fresh Baked Cinnamon Bun Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	2/3 Fluffy Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit 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