

**Mast Community Charter
Elementary Lunch Menu
April 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,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
4/3 Popcorn Chicken Bowl Dinner Roll Mashed Potatoes Mixed Fruit Fat Free Milk	4/4 BBQ Pork Sandwich Black Beans Applesauce Fat Free Milk	4/5 Chicken and Broccoli Alfredo Dinner Roll Broccoli Sliced Peaches Fat Free Milk	4/6 Corn Dog Dinner Roll Carrot Coins Berry Applesauce Fat Free Milk	4/7 Broiled Tilapia Dinner Roll Sweet Corn Mandarin Oranges Fat Free Milk	Week 1 Chef Salad with Roll Turkey and Cheese Sandwich Tuna Salad Sandwich Peanut Butter and Jelly Sandwich
4/10 Sloppy Joe Sandwich Steamed Peas Strawberry Cup Fat Free Milk	4/11 Chicken Patty Sandwich Baked Beans Sliced Apples Fat Free Milk	4/12 Italian Dunkers With Marinara Sauce Mixed Vegetables Diced Pears Broccoli Salad Fat Free Milk	4/13 Spring Break	4/14 Spring Break	Week 2 Grilled Chicken Salad with Roll Italian Wrap Chicken Salad Sandwich Peanut Butter and Jelly Sandwich
4/17 Spring Break  Fresh Produce from Local Farms based on crop availability  Whole Grains Available Daily	4/18 Corn Dog Nuggets Baby Carrots Diced Peach Cup Fat Free Milk	4/19 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk 	4/20 Past w/ Meat sauce Dinner Roll Steamed Broccoli Mixed Fruit Fat Free Milk	4/21 Chicken Tenders Dinner Roll Chick Pea Salad Crisp Apple Fat Free Milk	Week 3 Chicken Caesar Salad with Roll Cheese Sandwich Ham and Cheese Sandwich Peanut Butter and Jelly Sandwich
4/24 Meatball Sub Golden Corn Diced Pears Fat Free Milk	4/25 Hot Ham and Cheese Melt on a Bun Black Beans Salad Sliced Peaches Fat Free Milk	4/26 BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	4/27 Sweet and Sour Chicken over Brown Rice Steamed Broccoli Mandarin Oranges Fat Free Milk	4/28 Meatloaf w/ Gravy Mashed Potatoes Dinner Roll Steamed Green Beans Applesauce Fat Free Milk	Week 4 Chicken Popper Salad with Roll Turkey, Ham and Cheese Wrap Bologna Sandwich Peanut Butter and Jelly Sandwich
5/1 Macaroni and Cheese with Sliced Bread Stewed Tomatoes Mixed Fruit Salad Fat Free Milk	5/2 Chicken Fries With dinner roll Cucumber Slices Blueberries Fat Free Milk 	5/3 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	5/4 Salisbury Steak with Mashed Potatoes Side Tossed Salad Cinnamon Applesauce Fat Free Milk	5/5 Chicken Fajitas Spanish Rice 3 Bean Salad Fat Free Milk	Week 5 Taco Salad with Roll Buffalo Chicken Sandwich Grilled Chicken Caesar Wrap Peanut Butter and Jelly Sandwich
Monday Chicken Nuggets with Bread	Tuesday Beef & Cheese Nachos	Wednesday Hamburger on a Bun	Thursday Cheese Pizza	Friday Hot Dog On a Bun	Lunch Prices: Paid \$2.78 Reduced \$.40

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