


Mast Community Charter School April Breakfast Menu

Food Service Director: Bob Trommer
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Scrambled Eggs w/ Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/4 Mini Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/5 Assorted Bagels Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/6 Mini Fruit filled Waffles Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/7 Breakfast Pizza Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
4/10 Turkey sausage egg and cheese breakfast sandwich Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/11 Sausage Egg and Cheese Bagel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/12 Cinnamon French Toast with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/13 Spring Break	4/14 Spring Break
4/17 Spring Break  Whole Grains Available Daily	4/18 Pancakes with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/19 Egg and cheese English muffin Or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/20 Mini Breakfast Bread or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/21 Apple topped French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
4/24 Mini French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/25 Apple Frudel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/26 Pancake Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/27 Sausage Egg and Cheese Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/28 Scrambled Eggs with Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
5/1 French Toast and Turkey Sausage or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/2 Ham egg and Cheese English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/3 Chocolate Banana Bar or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/4 Fresh Baked Cinnamon Bun Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/5 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

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MENUS SUBJECT TO CHANGE