

Mast High School April Lunch Menu



Food Service Director: Bob Trommer
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	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grilled Chicken Sandwich Cheeseburger on a Bun Breaded Chicken Sandwich Spicy Chicken Sandwich</p>	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 Peaches Fat Free Milk	4/6 Corn Dog Dinner Roll Carrot Coins Blueberries Fat Free Milk	4/7 Broiled Tilapia Dinner Roll Sweet Corn Mandarin Oranges Fat Free Milk
<p>Build Your own Salad Bar Antipasto Salad Roast Turkey & Cheese Salad Chicken Caesar Salad Garden Salad with Cheese Chef Salad Breaded Chicken Salad</p>	4/10 Sloppy Joe Sandwich Steamed Peas Strawberries Fat Free Milk	4/11 Chicken Patty Sandwich Baked Beans Sliced Apples Fat Free Milk	4/12 Italian Dunkers With Sauce Mixed Vegetables Diced Peas Fat Free Milk	4/13 Spring Break	4/14 Spring Break
<p>Buffalo Chicken Pizza Pepperoni Pizza Cheese Pizza Broccoli & Cheese Pizza Sausage Pizza Mushroom Pizza</p>	4/17 Spring Break Fresh Produce from Local Farms based on crop availability	4/18 Corn Dog Nuggets Baby Carrots Diced Peaches Fat Free Milk	4/19 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk	4/20 Pasta w/ Meat Sauce Dinner Roll Steamed Broccoli Pineapple Tidbits Fat Free Milk	4/21 Chicken Tenders Dinner Roll Chick Pea Salad Crisp Apple Fat Free Milk
<p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p>	4/24 Meatball Sub Golden Corn Mixed Fruit Cup Fat Free Milk	4/25 Hot Ham and Cheese Melt On a Bun Black Bean 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
	5/1 Macaroni and Cheese Dinner Roll Stewed Tomatoes Mixed Fruit Fat Free Milk	5/2 Chicken Fries 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 Dinner Roll Celery Sticks Cinnamon Applesauce Fat Free Milk	5/5 Chicken Fajitas Spanish Rice 3 Bean Salad Fat Free Milk

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 Peas
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 \$.40

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

MENUS SUBJECT TO CHANGE