

**Mast Community Charter
Elementary Lunch Menu
May 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:



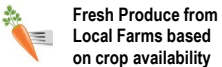
- Crisp Apple
 - Sliced Peaches
 - Mixed Fruit
 - Fresh Orange
 - Banana
 - Pineapple Tidbits
 - Diced Pears
 - Applesauce
- *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
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 1 Chef Salad with Roll Turkey and Cheese Sandwich Tuna Salad Sandwich Peanut Butter and Jelly Sandwich
5/8 Sloppy Joe Sandwich Steamed Peas Strawberry Cup Fat Free Milk	5/9 Chicken Patty Sandwich Baked Beans Sliced Apples Fat Free Milk	5/10 Cheese Steak French Fries Diced Pears Broccoli Salad Fat Free Milk	5/11 Chicken Parmesan Pasta Marinara Steamed Broccoli Mixed Fruit Fat Free Milk	5/12 Pork Fried Rice Dinner Roll Green Peas Mandarin Oranges Fat Free Milk	Week 2 Grilled Chicken Salad with Roll Italian Wrap Chicken Salad Sandwich Peanut Butter and Jelly Sandwich
5/15 Italian Dunkers With Marinara Sauce Mixed Vegetables Diced Pears Broccoli Salad Fat Free Milk	5/16 CornDog Nuggets Baby Carrots Diced Peach Cup Fat Free Milk	5/17 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk 	5/18 Buffalo Chicken Alfredo Dinner Roll Steamed Broccoli Mixed Fruit Fat Free Milk	5/19 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
5/22 Meatball Sub Golden Corn Diced Pears Fat Free Milk	5/23 Hot Ham and Cheese Melt on a Bun Black Beans Salad Sliced Peaches Fat Free Milk	5/24 BBQ Chicken Dunkers Baby Carrots Mixed Fruit Fat Free Milk	5/25 General Tso's Chicken over Brown Rice Steamed Broccoli Mandarin Oranges Fat Free Milk	5/26 No School  Whole Grains Available Daily	Week 4 Chicken Popper Salad with Roll Turkey, Ham and Cheese Wrap Bologna Sandwich Peanut Butter and Jelly Sandwich
5/29 No School Memorial Day 	5/30 Teriyaki Chicken Over Veggies and Rice Cucumber Slices Sliced Peaches Fat Free Milk 	5/31 French Dip Tater Tots Apple Sauce Fat Free Milk	6/1 Walking Tacos Brown Rice Petite Banana Fat Free Milk	6/2 Ham and Cheese Stromboli Baby Carrots Crisp Apple 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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