

# Mast Community Charter School May Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5/1</b> Scrambled Eggs w/ Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/2</b> Mini Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/3</b> Assorted Bagels Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/4</b> Mini Fruit filled Waffles Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/5</b> Breakfast Pizza Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
<b>5/8</b> Turkey sausage egg and cheese breakfast sandwich Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/9</b> Sausage Egg and Cheese Bagel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/10</b> Cinnamon French Toast with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/11</b> French Toast and Turkey Sau- sage or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/12</b> Scrambled Eggs with Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
<b>5/15</b> Mini Waffles Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/16</b> Pancakes with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/17</b> Egg and cheese English muffin Or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/18</b> Mini Breakfast Bread or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/19</b> Apple topped French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
<b>5/22</b> Mini French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/23</b> Apple Frudel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/24</b> Pancake Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/25</b> Sausage Egg and Cheese Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/26</b>  No School
<b>5/29</b>  No School  Memorial Day	<b>5/30</b> Ham egg and Cheese English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>5/31</b> Chocolate Banana Bar or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>6/1</b> Fresh Baked Cinnamon Bun Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	<b>6/2</b> 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 \$.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

**MENUS SUBJECT TO CHANGE**