

**Mast Community Charter
Elementary Lunch Menu
June 2017**

Food Service Director: Bob Trommer
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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
5/29	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 1 Chef Salad with Roll Turkey and Cheese Sandwich Tuna Salad Sandwich Peanut Butter and Jelly Sandwich	
6/5 Pasta with Meat sauce Steamed Peas Strawberry Cup Fat Free Milk	6/6 Chicken Patty Sandwich Baked Beans Sliced Apples Fat Free Milk	6/7 Roast Turkey w/ Gravy Mashed Potatoes Diced Pears Broccoli Salad Fat Free Milk	6/8 Chicken Parmesan Pasta Marinara Steamed Broccoli Mixed Fruit Fat Free Milk	6/9 Chicken Tenders w/ 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	
6/12 Italian Dunkers With Marinara Sauce Mixed Vegetables Diced Pears Broccoli Salad Fat Free Milk	6/13 Chicken Parm Sandwich Baby Carrots Diced Peach Cup Fat Free Milk	6/14 French Toast Sticks With Sausage Tater Gems 100% Juice Fat Free Milk 	6/15 Chicken Alfredo over pasta Dinner Roll Steamed Broccoli Mixed Fruit Fat Free Milk	6/16 BBQ Pork Sandwich 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	
6/19	6/20	6/21	6/22	6/23  Whole Grains Available Daily	Week 4 Chicken Popper Salad with Roll Turkey, Ham and Cheese Wrap Bologna Sandwich Peanut Butter and Jelly Sandwich	
6/26 	6/27	6/28 	6/29	6/30	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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