

Mast Way & Moharimet Elementary Schools

Monday
Tuesday
Wednesday
Thursday
Friday


6
Hot Dog w/ *Whole Grain Bun*
Baked Beans
Pears

7
Chicken Alfredo w/ *WG Pasta*
Steamed Broccoli
Peaches

8
Cheese Raviolis w/Marinara
Garlic Bread
Steamed Green Beans
Mixed Fruit

9
Chicken Quesadilla
Corn
Applesauce

10
Pizza Day – Cheese or Meat
Slice of *Whole Grain Pizza*
Carrots
Apples

13
Breakfast Sandwich
Cheese or Meat
Hashbrown Patty
Orange Wedges

14
Taco Day – Soft Shell
Beef OR Pea Protein
Seasoned Rice, Black Beans
Lettuce, Tomatoes, Salsa,
Sour Cream, Cheese

15
Chicken & Waffles
Sweet Potato Tots
Pears

16
Burger w/ WG Bun
Grass-fed Beef OR Veggie
OR Cheeseburger
Lettuce/Onions/Pickles
Peaches

17
Pizza Day – Cheese or Meat
Slice of *Whole Grain Pizza*
Broccoli Florets
Applesauce

20
Grilled Cheese Sandwich
Roasted Cauliflower
Peaches

21
Chicken Teriyaki Potstickers
w/ Fried Rice
Pineapple Bites
Fortune Cookie 😊

22
Whole Grain Pasta Dish
Marinara or Meat Sauce
Steamed Broccoli
Mixed Fruit

23
Fish Sticks
French Fries
Strawberries

24
No School

27
No School

28
WG French Toast Sticks
Sausage links
Tater Tots
Applesauce

29
Cheese Stuffed Breadsticks
w/ Marinara Sauce
Carrots
Pears

30
BBQ Pulled Pork w/ *WG Bun*
Cole Slaw
Mandarin Oranges

31
Pizza Day – Cheese or Meat
Slice of *Whole Grain Pizza*
Chic Pea Salad
Peaches

Menu subject to change without notice

Daily Offerings:

Fruit Juice Cup & Milk choice with every meal
The Garden Bar contains a variety of Fruit, Vegetable, and Protein choices to add to every meal

Daily Entrée Choice in addition to the Main Meal:

“Yogurt Plate” Vanilla Yogurt/Soft Pretzel/Cheese Stick OR
Veggie Hummus Wrap OR Ham/Turkey/Sunbutter & Jelly Sandwich

Current Prices for 23-24
Lunch \$3.00 – Reduced \$.0
Adult Lunch - \$4.75