

Mast Way & Moharimet September

2018



Broccoli and cauliflower are both members of the Brassicaceae family, which also includes Brussels sprouts, cabbage, kale and radishes. We eat the flower buds of the plant before they bloom; the stalks are also edible, but have a tougher texture.

<p>Lunch Prices: \$2.75 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>	<p>Daily alternate entrees: Chef Salad, Turkey & Cheese Pinwheels, Yogurt Plate. Garden bar, all fruits, veggies and milk are included with all meals</p>	<p>29 BRUNCH FOR LUNCH FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p>30 HOT DOG on WH WHEAT BUN BAKED BEANS LOCAL CORN ON THE COB GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p>31 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>3 Labor Day</p>	<p>4 PASTA & SAUCE CHOICES GARLIC BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>5 STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH</p>	<p>6 PULLED PORK on a BUN BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>7 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>10 CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>11 BEEF TACOS W/CHOICE OF SOFT TORTILLA OR TACO SHELL SEASONED BEEF, CHEESE, SALSA SEASONED RICE, GARDEN BAR CINNAMON APPLESAUCE</p>	<p>12 GRILLED TUNA AND CHEESE SANDWICH, SNACK CRACKERS BROCCOLI "TREES" & RANCH DIP CHILLED FRUIT MIX</p>	<p>13 OPEN-FACED HOT TURKEY SANDWICH with GRAVY FLUFFY MASHED POTATOES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>14 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>17 POTATO CRUSTED FISH STICKS CREAMY COLESLAW GARDEN BAR CHOICES CHILLED PEARS</p>	<p>18 MAC & CHEESE BAR TOP WITH CHICKEN, BEEF or PLAIN GARLIC BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>19 CHEESEBURGER, HAMBURGER, or VEGGIE BURGER TOMATO, LETTUCE GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>20 CHICKEN PARM on PASTA ROASTED CAULIFLOWER GARDEN BAR CHOICES FRESH KIWI</p>	<p>21 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>24 <u>Meatless Monday</u> WAFFLES & SYRUP, YOGURT CUP MINI POTATO PANCAKES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>25 MEATBALL SUB with CHEESE CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>26 TERIYAKI CHICKEN & RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS</p>	<p>27 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>28 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT SALAD</p>