



Mason High School



October Breakfast Menu

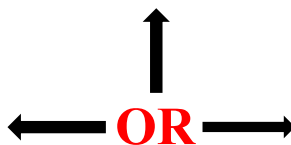
A Complete School Breakfast Includes:

**A Featured Hot Entrée OR Cold Entrée 1 OR Cold Entrée 2,
1-2 Fruit/Fruit Juice, and/or Milk**

Featured Hot Entrée				
Monday	Tuesday	Wednesday	Thursday	Friday
Apple Filled Frudel	Mini Cinnis	Jimmy Dean Turkey Sausage & Pancake Breakfast Stick	Mini Cinnis	Mini Eggo Confetti Pancakes

Cold Entrée 1
Choose 1

- Assorted Pop-Tarts
 - Assorted Cereal
 - Assorted Flavored Bread
- All items are served daily*



Cold Entrée 2
Choose 1 OR 2

- Assorted Cereal Bars
 - Assorted Muffins
 - Assorted Nutri-Grain Bars
 - String Cheese
 - Hard Boiled Egg
- All items are served daily*

To make breakfast a meal, students are offered 1 cup of fruit/fruit juice and must select at least ½ cup fruit/fruit juice. All fruit/fruit juices are ½ cup servings.

Served Daily 7:20 AM – 7:40 AM in the Main Serving Area

Breakfast Meal Price: FREE**

**USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily for all students the entire school year.

Free & Reduced Priced Meal Application

This year, every student may receive 1 free breakfast meal and 1 free lunch meal; however, completion of the Free & Reduced Price Meal Application may qualify newly eligible children for additional benefits.

Free and Reduced Price Meal Applications are available on the Child Nutrition website

www.mcschildnutrition.com under the “Apply for Meal Benefits” button as well as in the school office.