




# Mason High School



## November Breakfast Menu

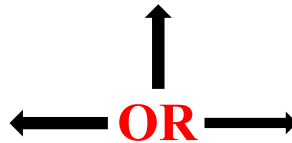
**A Complete School Breakfast Includes:**

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

Featured Hot Entree				
Monday	Tuesday	Wednesday	Thursday	Friday
Apple Filled Frudel	Mini Cinnis	Wild Blueberry Snack N' Waffle 	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](http://www.mcschildnutrition.com) under the “Apply for Meal Benefits” button as well as in the school office.