

Mascoutah, Scott and Wingate Elementary School Breakfast Menu
August 2018
Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
13 	14	15 Choose One Yogurt With Fruit & Toast Pop Tart Cereal & Wheat Toast Fruit or Juice Milk Variety	16 Choose One Yogurt With Fruit & Toast Mini Cinni Cereal & Wheat Toast Fruit or Juice Milk Variety	17 Choose One Yogurt With Fruit & Toast Donut Cereal & Wheat Toast Fruit or Juice Milk Variety
20 Choose One Yogurt With Fruit & Toast Blueberry Muffin Cereal & Wheat Toast Fruit or Juice Milk Variety	21 Choose One Yogurt With Fruit & Toast Oatmeal & Toast Cereal & Wheat Toast Fruit or Juice Milk Variety	22 Choose One Yogurt With Fruit & Toast Hot Honey Bun Cereal & Wheat Toast Fruit or Juice Milk Variety	23 Choose One Yogurt With Fruit & Toast Scrambled Eggs & Toast Cereal & Wheat Toast Fruit or Juice Milk Variety	24 Choose One Yogurt With Fruit & Toast Pancake Sausage On A Stick/Syrup Cereal & Wheat Toast Fruit or Juice Milk Variety
27 Choose One Yogurt With Fruit & Toast Bagel -Fuls Cereal & Wheat Toast Fruit or Juice Milk	28 Choose One Yogurt With Fruit & Toast Pancakes & Syrup Cereal & Wheat Toast Fruit or Juice Milk	29 Choose One Yogurt With Fruit & Toast Breakfast Pizza Cereal & Wheat Toast Fruit or Juice Milk	30 Choose One Yogurt With Fruit & Toast Biscuit & Gravy Cereal & Wheat Toast Fruit or Juice Milk	31 Choose One Yogurt With Fruit & Toast Mini Cinni Cereal & Wheat Toast Fruit or Juice Milk

Mascoutah, Scott and Wingate Elementary School Lunch Menu
August 2018
Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
13	14 	15 Early Dismissal No Lunch Will Be Served	16 BBQ Pulled Pork on Bun Chips Baked Beans Juice Milk Variety	17 Hot Ham & Cheese on Bun Cheetos Carrot & Celery Stick Ranch Fruit Milk Variety
20 Cheese Sticks & Sauce Carrots Fruit Chocolate Pudding Milk Variety	21 Chicken Nuggets Bread & Margarine BBQ Sauce/Ketchup Broccoli Juice Milk Variety	22 Spaghetti & Meat Sauce Hot Roll & Margarine Salad & Dressing Fruit Milk Variety	23 Toasted Cheese Sandwich Baked Beans Juice Scooby Fruit Snack Milk Variety	24 Pepperoni Pizza Corn Fruit Jell-O Milk Variety
27 Hot Dog on Bun Ketchup & Mustard Baked Beans Fruit Milk Variety	28 Hamburger on Bun Ketchup/Mustard/Pickle French Fries Juice Milk Variety	29 Turkey & Cheese Wrap/Ranch Spring Salad & Dressing Fruit Chocolate Chip Cookie Milk Variety	30 Nacho's With Meat Cheese Sauce/Salsa Green Beans Juice Milk Variety	31 Fish Stick & Ketchup Bread & Margarine Carrots Fruit Milk Variety

A Peanut Butter & Jelly Sandwich with string cheese may be substituted for any main entrée.

If you feel your child may qualify for free or reduced status, forms are available in the school office, or on the District Food Service homepage. **HOWEVER, YOU ARE STILL RESPONSIBLE FOR ANY CHARGES YOU MAY INCUR PRIOR TO APPROVAL. EXTRA MILK, AND MILK PURCHASED WITH A SACK LUNCH ARE NOT INCLUDED AS FREE LUNCH BENEFITS.**

For more information regarding federal guidelines, please visit www.choosemyplate.gov. This site also includes ideas for meals, exercise, and activities focusing on healthy living.

Breakfast Price \$1.45
Reduced Price \$.30
Adult Breakfast \$2.30
Lunch Price \$2.45
Reduced Price \$.40
Adult Lunch \$3.40
Milk .50¢