

Mast Way & Moharimet

April

2018



Carrots are derived from a Middle Eastern crop called Queen Anne's Lace. This wild ancestor is also a taproot crop but has a white root. Today's carrots vary in color from orange to white, purple, or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews

<p>2 CHEESE RAVIOLI w/MARINARA WHOLE WHEAT BREADSTICK GARDEN BAR CHOICES FROZEN 100% JUICE RUSH CUP</p>	<p>3 CHICKEN TACO SALAD in a CRISPY TORTILLA BOWL HOMEMADE CORNBREAD GARDEN BAR CHOICES CHILLED PEARS</p>	<p>4 SLOPPY JOE SLIDERS CARROT & RAISIN SALAD GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>5 CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>6 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>9 BRUNCH FOR LUNCH FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p>10 Top Your Own Taco SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, TORTILLA OR HARD-SHELL GARDEN BAR, SPANISH RICE, BLACK BEANS PEACHES</p>	<p>11 PAPRIKA & MAPLE SALMON MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>12 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>13 WHOLE GRAIN PIZZA VARIETY CRUNCHY CARROT STICKS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>16 SPAGHETTI & MEATBALLS BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>17 HOT DOG on a BUN BAKED BEANS GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p>18 HOMEMADE PULLED PORK or VEGGIE & CHEESE QUESADILLAS HOMEMADE CHICKEN SOUP GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>19 BBQ CHICKEN, WHEAT ROLL MASHED POTATOES SEASONED CARROTS GARDEN BAR CHOICES FRUIT COCKTAIL</p>	<p>20 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>22 Spring Recess No School</p>	<p>23 Spring Recess No School</p>	<p>24 Spring Recess No School</p>	<p>25 Spring Recess No School</p>	<p>26 Spring Recess No School</p>
<p>30 Meatless Monday GRILLED CHEESE MINI YOGURT PARFAIT GARDEN BAR CHOICES SWEET APPLESAUCE</p>			<p>Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals</p>	<p>Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>