

Mast Way & Moharimet

October

2018



Kale is a member of the Brassicaceae family, also known as the cabbage family, along with broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. It originated in the Mediterranean region and was brought to the United States from England in the 17th century. Kale is a very hardy plant; it can withstand frosts and snowfall, making it an excellent staple food in the winter months.

<p>1 SPAGHETTI & MEATBALLS BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>2 TACO HAYSTACKS W/SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CHILLED FRUIT MIX</p>	<p>3 PAPRIKA & MAPLE SALMON MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>4 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>5 TEACHER WORKSHOP DAY NO SCHOOL</p>
<p>8 Indigenous Peoples' Day NO SCHOOL</p>	<p>9 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES APPLESAUCE</p>	<p>10 HOT DOG on WH WHEAT BUN BAKED BEANS SEASONED CORN GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p>11 GRILLED CHICKEN on a BUN HOMEMADE PASTA SALAD KALE CHIPS GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>12 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA GARDEN BAR CHOICES FRUIT SALAD</p>
<p>15 PASTA & SAUCE CHOICES GARLIC BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>16 NOODLE BOWL - TOP WITH CHICKEN, BEEF, VEGGIES, BROTH STIR FRIED VEGGIES GARDEN BAR CHOICES CHILLED PINEAPPLE CHUNKS</p>	<p>17 STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH</p>	<p>18 PULLED PORK on a BUN BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>19 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>22 CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>23 BEEF TACOS W/CHOICE OF SOFT TORTILLA OR TACO SHELL SEASONED BEEF, CHEESE, SALSA SEASONED RICE, GARDEN BAR CINNAMON APPLESAUCE</p>	<p>24 GRILLED HAM AND CHEESE SANDWICH, HOMEMADE SOUP SNACK CRACKERS, BROCCOLI "TREES" & RANCH DIP CHILLED FRUIT MIX</p>	<p>25 OPEN-FACED HOT TURKEY SANDWICH with GRAVY FLUFFY MASHED POTATOES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>26 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>29 POTATO CRUSTED FISH STICKS CREAMY COLESLAW GARDEN BAR CHOICES CHILLED PEARS</p>	<p>30 MAC & CHEESE GARLIC BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>31 CHEESEBURGER, HAMBURGER, or VEGGIE BURGER TOMATO, LETTUCE GARDEN BAR CHOICES FRESH LOCAL APPLE PUMPKIN COOKIE</p>	<p>Lunch Prices: \$2.65 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>