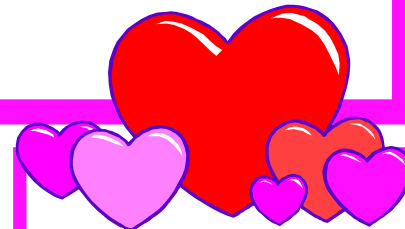


February 2010

Freesoil School Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| Pizza 1 Green Beans Fruit Mix Dinner roll 1% milk | Chicken pot pies 2 Veggies in entrée Diced Carrots Orange Wedges Dinner roll 1% milk | Hot Ham & Cheese 3 Tator Tots Corn Fruit Mix Bun 1% milk | Cheeseburger 4 Potatoes Baby Carrots Orange Wedges Bun 1 % milk | Sloppy Joes 5 Baked Beans Fruit Mix Bun 1% milk |
| Cheeseburger 8 Peas Fruit Mix Buns 1% milk | Ravioli 9 Green Beans Peaches Garlic breadstick 1% milk | Hot Roast Beef 10 Mashed Potato Carrots Candied applesauce Sliced bread 1% milk | Chicken Patty 11 Coleslaw Sliced pears Bun 1% milk | No School ¹² Professional Day!!! |
| Hotdog 15 Baked Beans Bun Fruit Mix Milk | Beef Stroganoff/ 16 Noodles Squash Lunch Bunch Grapes 1 % milk | Stacked Pancakes 17 String Cheese Hashbrown Sliced Pears 1% milk Ash Wednesday | Chicken Nuggets 18 Mashed Potatoes/gravy Mixed Vegetables Oranges Dinner roll 1 % milk | Macaroni & cheese 19 W/ fish sticks Tossed salad Stewed Tomatoes Chilled fruit mix 1% milk |
| Pizza 22 Tossed salad Lunch bunch grapes 1% milk | Chicken Nuggets 23 Spinach Pears Dinner roll 1% milk | Fish Patty 24 French Fries Green Beans Diced Peaches Bun 1% milk | Spaghetti/meat 25 sauce 7 - Layer Salad Diced Cantaloupe Breadsticks 1% milk | Grilled Cheese 26 Hashbrown Casserole Sliced pears Bread 1% milk |

MCC Food Service
231-757-5721

The Mason County Central Schools, located at 300 W. Broadway, will receive and use Federal funds and United States Department of agriculture donated foods. No person because of race, color, national origin, sex, age or handicap shall be excluded from the participation in, be denied, the benefits of, or otherwise be subject to discrimination in our donated food and child nutrition programs. Any person who believes they have been discriminated against should write to the Secretary of Agriculture, Washington, D. C. 20250.

