JUNE 2023

Mast Way Elementary School





School Information: Lunch Prices: Paid: \$3.00, Free for those who qualify for free or reduced prices. Daily Entrée choices: Yogurt Plate, Chef Salad, Ham & cheese roll ups



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 22.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our Annual School BBQ's

will be held on the following dates: Mast Way: June 12th (MW Rain date June 13th) Moharimet: June 15th



TIM'S FAMOUS BEEF STEW FRESH BAKED ROLLS **GARDEN BAR CHOICES SWEET ORANGE SMILES** MILK CHOICES

PIZZA VARIETY MARINARA DIPPING SAUCE GARBANZO BEAN POPPERS GARDEN BAR CHOICES FRUIT SALAD, MILK CHOICES

CHICKEN & WAFFLES GARDEN BAR CHOICES SWEET ORANGE SMILES MILK CHOICES



CHICKEN & GRAVY MASHED POTATOES FRESH BAKED ROLLS MIXED FRUIT, GARDEN BAR **MILK CHOICES**

PULLED PORK in a CORNBREAD BOWL **BAKED BEANS GARDEN BAR CHOICES** APPLESAUCE CUP, MILK CHOICES

PIZZA BITES CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD MILK CHOICES FRUIT SALAD

BBQ Lunch & Field Day

CHOICE OF BURGER or HOT DOG VEGGIE STICKS, PASTA SALAD WATERMELON SLICES **MILK CHOICES**

BONELESS CHICKEN WINGS 13 CRUNCHY BROCCOLI W/DIP **GARDEN BAR CHOICES** CHILLED PEARS **MILK CHOICES**

Flag Day - Top Your Own

TURKEY ITALIAN SUB **GARDEN BAR CHOICES** RED, WHITE & BLUE FRUIT CUP MILK CHOICES

Brunch for Lunch

PANCAKES W/SYRUP SAUSAGE LINKS, HASH BROWN PATTY, JUICE CUP **MILK CHOICES**

Last Day / Early Release HAM & CHEESE or SUNBUTTER FRESH APPLE **BABY CARROTS**

BAG of CHIPS, MILK CHOICES

HAVE A SAFE



AND FUN

SUMMER VACATION!!!

28

SEE YOU IN THE FALL!





BE SURE TO CHECK

BALANCES.



ATTENTION PARENTS: YOUR CHILD'S ACCOUNT AND CATCH UP ON ANY NEGATIVE



THANK YOU FOR SUPPORTING THE **OYSTER RIVER CHILD NUTRITION PROGRAM!**



Oyster River Families, It has been a pleasure, as well as an honor and a privilege to serve your children for the past eleven

vears. Doris Demers, DTR, SNS