

Meal Prices

Breakfast: \$1.55 (w/ milk)

Lunch: \$2.75 (w/ milk)

Milk (only) \$0.55



Mansfield Middle School Breakfast & Lunch Menu October 2019

HAPPY NATIONAL FARM TO SCHOOL MONTH!

CT Grown for CT Kids Week Oct 7-11

National School Lunch Week Oct 14-18

Community Dinner Oct 23rd!!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 09/30 Cheese Lasagna* Mixed Greens Salad Golden Corn Assorted Fruits Milk | 10/01 Mini Turkey Corn Dogs Oven Fries or Wedges Local Steamed Carrots Assorted Fruits & Juice Milk | 10/02 Mac 'n' Cheese* Local Cucumber Slices Hummus Assorted Fruits Milk | 10/03 Beef & Bean Taco Salad Shredded Lettuce & Grape Tomatoes Salsa & Shredded Cheddar Cheese Assorted Fruits & Juice Milk | 10/04 Cheese or Local Kale Pizza* Steamed Broccoli & Cauliflower Assorted Fruits Milk |
| 10/07 Nacho Stuffed Bites* w/ salsa Local Summer Squash Medley Oven Fries or Wedges Assorted Fruits Milk | 10/08 Cheese Pierogies* w/ Meatballs (no pork) Local Roasted Acorn Squash Mixed Greens Salad Assorted Fruits & Juice Milk | 10/09 Oven Roasted Chicken w/ dinner roll Local Green Beans Local Mashed Butternut Squash Assorted Fruits Milk | 10/10 Hamburger or Cheeseburger Oven Fries or Wedges Vegetarian Baked Beans Assorted Fruits & Juice Milk | 10/11 Cheese or Local Kale Pizza* Hummus Broccoli Florets Assorted Fruits Milk |
| 10/14 = Eat Local @ MPS | 10/15 - No School - Oct 14: Columbus Day Oct 15: Professional Dev. | 10/16 -Brunch for Lunch- Chicken & Waffles Hash Brown Cucumber Slices Assorted Fruits Milk | 10/17 Steak & Cheese Sandwich w/ onions & peppers Veggie Sticks Hummus Assorted Fruits & Juice Milk | 10/18 Cheese* or Specialty Pizza Mixed Greens Salad Baby Carrots Assorted Fruits Milk |
| 10/21 Mozzarella Sticks* w/ marinara sauce Mixed Greens Salad Steamed Cauliflower Assorted Fruits Milk | 10/22 Chicken Nachos Shredded Lettuce & Grape Tomatoes Salsa & Shredded Cheddar Cheese Assorted Fruits & Juice Milk | 10/23 All-Beef Cheeseburger Meatloaf w/ dinner roll Mashed Potatoes Steamed Broccoli Assorted Fruits Milk | 10/24 Popcorn Chicken w/ dinner roll Golden Corn Vegetarian Baked Beans Assorted Fruits & Juice Milk | 10/25 Cheese or Local Kale Pizza* Veggie Sticks Hummus Assorted Fruits Milk |
| 10/28 Cheese Ravioli* w/ garlic bread Oven Fries or Wedges Steamed Broccoli Assorted Fruits Milk | 10/29 Beef & Bean Chili w/ cornbread Local Roasted Sweet Squash Medley Assorted Fruits & Juice Milk | 10/30 Teriyaki Chicken Strips w/ Veggie "Fried" Rice Fortune Cookie Local Green Beans Red Pepper Strips Assorted Fruits Milk | 10/31 Grilled Cheese Sandwich Local Summer Squash Medley Mixed Greens Salad Assorted Fruits & Juice Milk | 11/01 Cheese* or Specialty Pizza Oven Fries or Wedges Veggie Sticks & Hummus Assorted Fruits Milk |

BREAKFAST is available every day for \$1.55

Assorted WGR Baked Goods
(bagels, muffins, breads)

Egg & Cheese or Sausage & Cheese Sandwiches

Breakfast Pizza

Pancake on a Stick

Various reduced sugar, whole grain rich cereals

Included with breakfast is milk, assorted fruits, and 100% orange juice.

Daily Alternate Lunch Choices for \$2.75

In addition to the planned menu above, every day we also serve:

- **Cheese*** and **Pepperoni Pizza Slices**
- **Bagel & Yogurt Lunch Pack*** - Bagel, strawberry/banana yogurt, cheese stick, and cream cheese.
- **Assorted Deli Sandwiches, PB&J**
- **Salad Bar*** - With choice of protein, goldfish, & whole grain croutons

ALL lunch choices come with a vegetable, fruit and milk

* Indicates Vegetarian Option **Contains Pork - ALL grains are whole grain rich -