

# Meal Prices

Breakfast: \$1.30 (w/ milk)

Lunch: \$2.50 (w/ milk)

Milk (only) \$0.50



## Mansfield Elementary Schools 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 23<sup>rd</sup>!!

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

\* Indicates Vegetarian Option

\*\*Contains Pork

- ALL grains are whole grain rich -

Menu is subject to change without notice.  
This institution is an equal opportunity provider.

# MPS Elementary Schools

# Food News!!

Stephanie Richard, Food Service Director: (860) 429-7824  
Website/Link to online payments: <http://mansfieldct.gov/lunchmenus>

Email: [foodserve@mansfieldct.org](mailto:foodserve@mansfieldct.org)  
 [www.facebook.com/MPSfoodservice](http://www.facebook.com/MPSfoodservice)

- ❖ **Join us for our first community dinner of the year on 10/23!** Please RSVP to [foodserve@mansfieldct.org](mailto:foodserve@mansfieldct.org) by noon on Wednesday **10/16** with the number in your party and any dietary specifications. Menu to be released the first week of October!
- ❖ This month we celebrate **National Farm to School Month** with several local offerings including vegetables and apples, farmer visits, and CT legislator visits.
- ❖ **Free and reduced meal program applications** for the 19-20 school year can be found in the student handbook, at the school, or at [http://www.mansfieldct.gov/filestorage/3607/FAMILY\\_APPLICATION\\_19-20.pdf](http://www.mansfieldct.gov/filestorage/3607/FAMILY_APPLICATION_19-20.pdf)
- ❖ **Need Information or Have Questions?**
  - **The Food Services Office is happy to help!** Just call or email. Lunch ID #'s, sibling balance transfers, the free/reduced meal program, dietary needs/restrictions, etc. We're here to make your student's dining experience the best that it can be!

**Looking forward to a great school year!**  
– Mansfield Public Schools Food Service

## Breakfast

- Option 1:** Menued breakfast meal of the day  
**Option 2:** Reduced sugar, whole grain cereals



Included with breakfast is 1% or skim milk, fruit, and 100% fruit juice.  
Student must take a fruit or fruit juice.

## LUNCH

**What does a complete hot lunch include?**

Grain, meat/meat alternate, vegetable, fruit, & milk

**Students are encouraged to select all 5 components!!**



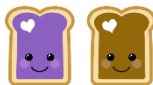
A meal is considered complete if 3 out of 5 food groups are present on the tray, including a serving of fruit/fruit juice or

Every day the following options are also available hot lunch, includes fruit & vegetable, choice of milk.



**Bagel & Yogurt Lunch Pack\*:**  
WGR Bagel, cream cheese, yogurt, cheese stick.


**PB&J\* sandwich** on whole wheat bread.



**Salad Plate:** Entrée salad, whole grain croutons, baked goldfish, protein.



On Tuesday & Thursday a Turkey Sandwich Pack is also available.

**Lunch**  **choices include:** Fat free or 1% regular milk and fat-free chocolate milk