

Mansfield Elementary Schools

Daily Lunch: \$2.25 (w/ milk)

Breakfast: \$1.30 (w/ milk)

Milk only: \$.50

JANUARY 2017



MENU

ACCEPTING NOW:

Comments & suggestions for 2017!!

Email, call, or find us on Facebook!



<https://www.facebook.com/MPSfoodservice>

email: foodserve@mansfieldct.org

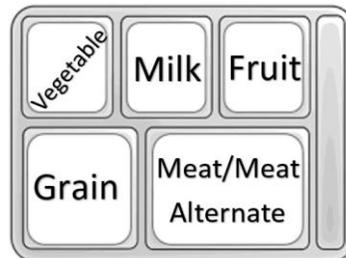
Food Service Director: (860) 429-7824

Monday	Tuesday	Wednesday	Thursday	Friday
No School <i>Happy New Year!!</i>	Chicken Nuggets w/Wheat Roll Mashed Potatoes Roasted Butternut Squash Assorted Fruits & Juice Milk Breakfast: Mini Pancakes*	Jumbo Cheese Ravioli w/Sauce* Garlic Bread Steamed Carrot Coins Steamed Cauliflower Assorted Fruits & Juice Milk Breakfast: Sunrise Sandwich	Hamburger or Cheeseburger on Wheat Bun Potato Wedges Mixed Veggies Assorted Fruits & Juice Milk Breakfast: Breakfast Bar*	Cheese Pizza* Steamed Broccoli Crunchy Roasted Chickpeas Assorted Fruits & Juice Milk FIRST FRIDAY BREAKFAST: Strawberry Banana Muffin Breakfast: Bagel and Cream Cheese
	Alternate Lunch: Ham & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*
Bosco Sticks* w/ Marinara Dipping Sauce Celery Sticks Grape Tomatoes Assorted Fruits & Juice Milk Breakfast: Mini Waffles*	Hot Dog (Vinton Turkey; Goodwin & SE Beef) on a Wheat Roll New England Style Baked Beans** Golden Corn Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*	Brunch For Lunch French Toast Sticks* w/ Egg Patty* or Turkey Sausage Hash Brown Red Pepper Strips Assorted Fruits & Juice Milk Breakfast: Blueberry Muffin*	Crispy Chicken Sandwich on a Wheat Bun Cucumber Slices Hummus Assorted Fruits & Juice Milk Breakfast: Sunrise Sandwich	Cheese Pizza* Steamed Broccoli Mixed Greens Salad Assorted Fruits & Juice Milk Breakfast: Corn Muffin*
Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Ham & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*

Alternate lunches include all food group components:

- **Bagel Lunch** includes bagel, cream cheese, fruit/veg, cheese stick, milk
- **Fruit, Cheese & Yogurt Pack** includes yogurt, muffin, graham crackers, cheese stick, assorted fruit/veg, milk
- **Sandwich Pack** includes goldfish, assorted fruit/veg, milk
- **Salad Plate** includes salad, goldfish/dinner roll, protein, fruit/veg, milk

What makes a complete school lunch?



For a complete lunch choose 3 out of 5 food groups including **at least one FRUIT or VEGETABLE.**

For best nutrition, Choose all 5!

* Indicates Vegetarian Option

**Contains Pork



Fat-Free OR 1% White Milk

Fat-Free Chocolate Milk

And 100% fruit juice!



Monday	Tuesday	Wednesday	Thursday	Friday
Monday 1/16 No School Martin Luther King Jr Holiday	1/17 Cheese Quesadilla* Red Beans Crispy Oven Fries Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*	1/18 Pasta w/ Beef Sauce Garlic Bread Mixed Greens Salad Steamed Cauliflower Assorted Fruits & Juice Milk Breakfast: Breakfast Bar*	1/19 Turkey Dinner w/ Gravy Wheat Dinner Roll Mashed Potatoes Roasted Butternut Squash Assorted Fruits & Juice Milk Breakfast: Sunrise Sandwich	1/20 Cheese Pizza* Hummus Baby Carrots Assorted Fruits & Juice Milk Breakfast: Cinnamon Sugar Donuts*
	Alternate Lunch: Ham & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*
1/23 Mozzarella Sticks* w/ a Side of Marinara Sauce Steamed Broccoli Celery Sticks Assorted Fruits & Juice Milk Breakfast: Mini Pancakes*	1/24 Crispy Fish Filet Sandwich on a Wheat Roll w/ side of Tartar Sauce New England Style Baked Beans** Crispy Oven Fries Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*	1/25 Popcorn Chicken w/ Wheat Roll Golden Corn Steamed Carrot Rounds Assorted Fruits & Juice Milk Breakfast: Banana Bread*	1/26 Mac 'n Cheese Steamed Broccoli Crunchy Roasted Chickpeas Assorted Fruits & Juice Milk Breakfast: Sunrise Sandwich	1/27 Cheese Pizza* Steamed Cauliflower Baby Carrots Assorted Fruits & Juice Milk Breakfast: Chocolate Chip Muffin
Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Ham & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*
1/30 Grilled Cheese* Hummus Grape Tomatoes Assorted Fruits & Juice Milk Breakfast: Mini Waffles*	1/31 Teriyaki Chicken Dippers w/ Brown Rice Fortune Cookie Steamed Broccoli Red Pepper Strips Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*	2/1 Brunch For Lunch French Toast Sticks* w/ Egg Patty* or Turkey Sausage Tater Tots Cucumber Slices Assorted Fruits & Juice Milk Breakfast: Breakfast Bar*	2/2 Crunchy Beef Taco Red Beans Potato Wedges Assorted Fruits & Juice Milk Breakfast: Sunrise Sandwich	2/3 Cheese Pizza* Steamed Broccoli Celery Sticks Assorted Fruits & Juice Milk FIRST FRIDAY BREAKFAST: Warm Apple Frudel Breakfast: Corn Muffin
Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Ham & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate	Alternate Lunch: Bagel Lunch, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*

Menu is subject to change without notice.



BREAKFAST

Reduced sugar, whole grain cereals will be offered daily in addition to daily offering. Included with breakfast are entrée, milk, fruit, and 100% fruit juice. Student must take a fruit or fruit juice.

* Indicates Vegetarian Option
 **Contains Pork

