

Meal Prices

Breakfast: \$1.30 (w/ milk)

Lunch: \$2.50 (w/ milk)

Milk (only) \$0.50



Mansfield Elementary Schools Breakfast & Lunch Menu

March 2020

Save the Date!! Our last Eat Local @ MPS Dinner this school year is 4/1!!
The theme is breakfast!!

= Eat Local @ MPS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>03/02 Mozzarella Sticks w/ marinara sauce* Steamed Broccoli & Cauliflower Assorted Fruits Milk Breakfast: Mini Pancakes*</p>	<p>03/03 Mini Beef Taco Bites Cucumber Slices Hummus Assorted Fruits & Juice Milk Breakfast: Egg & Cheese* OR Turkey Sausage & Egg Sandwich</p>	<p>03/04 Teriyaki Chicken Strips Veggie "Fried" Rice Fortune Cookie Steamed Peas Baby Carrots Assorted Fruits Milk Breakfast: Breakfast Bar*</p>	<p>03/05 Cheeseburger Meatloaf w/ Dinner Roll (all beef) Mashed Potatoes Local Spaghetti Squash Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*</p>	<p>03/06 Cheese or Local Kale Pizza* Mixed Greens Salad Crunchy Roasted Chickpeas Assorted Fruits Milk Breakfast: Yogurt Parfait*</p>
<p>03/09 Grilled Cheese Sandwich* Golden Corn Red Pepper Strips Assorted Fruits Milk Breakfast: Mini Waffles*</p>	<p>03/10 Pasta w/ Meat Sauce (beef) Mixed Greens Salad Steamed Broccoli Assorted Fruits & Juice Milk Breakfast: Egg & Cheese* OR Turkey Sausage & Egg Sandwich</p>	<p>03/11 Pulled Pork Nachos** Shredded Lettuce & Grape Tomatoes Shredded Cheese & Salsa Assorted Fruits Milk Breakfast: Breakfast Bar*</p>	<p>03/12 Chicken Patty Sandwich Vegetarian Baked Beans Oven Fries or Wedges Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*</p>	<p>03/13 Cheese* or Specialty Pizza Veggie Sticks Hummus Assorted Fruits Milk Breakfast: Baked Bread Slice or Muffin*</p>
<p>03/16 Mac 'n' Cheese* Local Winter Squash Cucumber Slices Assorted Fruits Milk Breakfast: Mini Pancakes*</p>	<p>03/17 Pierogies w/ Orange Sauce & Meatballs (no pork) Green Pepper Strips Mixed Greens Salad Assorted Fruits & Juice Milk Breakfast: Egg & Cheese* OR Turkey Sausage & Egg Sandwich</p>	<p>03/18 Hamburger or Cheeseburger (Veggie Burgers* PLEASE REQUEST) Baby Carrots Hummus Assorted Fruits Milk Breakfast: Breakfast Bar*</p>	<p>03/19 Chicken & Mashed Potato Bar Dinner Roll Golden Corn Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*</p>	<p>03/20 Cheese or Local Kale Pizza* Steamed Broccoli Crunchy Roasted Chickpeas Assorted Fruits Milk Breakfast: Yogurt Parfait*</p>
<p>03/23 Cheese Quesadilla* Mixed Greens Salad Red Pepper Strips Assorted Fruits Milk Breakfast: Mini Waffles*</p>	<p>03/24 Chicken & Vegetable Potstickers *NEW!* Fortune Cookie Steamed Broccoli Vegetarian Baked Beans Assorted Fruits & Juice Milk Breakfast: Egg & Cheese* OR Turkey Sausage & Egg Sandwich</p>	<p>03/25 -Brunch for Lunch- French Toast Sticks* Egg* OR Turkey Sausage Patty Hash Brown Local Butternut Squash Assorted Fruits Milk Breakfast: Breakfast Bar*</p>	<p>03/26 Chicken Nuggets w/ Dinner Roll Local Summer Squash Oven Fries or Wedges Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*</p>	<p>03/27 Cheese* or Specialty Pizza Veggie Sticks Hummus Assorted Fruits Milk Breakfast: Baked Bread Slice or Muffin*</p>
<p>03/30 Cheese Lasagna* Local Cheddar Pumpkin Mixed Greens Salad Assorted Fruits Milk Breakfast: Mini Pancakes*</p>	<p>03/31 Pulled Pork** or Bean* Tacos Shredded Lettuce & Grape Tomatoes Shredded Cheese & Salsa Assorted Fruits & Juice Milk Breakfast: Egg & Cheese* OR Turkey Sausage & Egg Sandwich</p>	<p>04/01 Beef Steak & Cheese Sandwich w/ onions & peppers Cucumber Slices Hummus Assorted Fruits Milk Breakfast: Breakfast Bar*</p>	<p>04/02 Chicken Parmesan w/ Garlic Bread Steamed Broccoli Mashed Potatoes Assorted Fruits & Juice Milk Breakfast: Bagel and Cream Cheese*</p>	<p>04/03 Cheese or Local Kale Pizza Crunchy Roasted Chickpeas Oven Fries or Wedges Assorted Fruits Milk Breakfast: Yogurt Parfait*</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
<https://www.mansfieldct.gov/1595/Lunch-Menus-Online-Payment>

Email: foodserve@mansfieldct.org
www.facebook.com/MPSfoodservice

- ❖ **Help us better serve YOU!!** We'd love to provide more **vegetarian and plant-based options**. In order to do so, the more in advance we know there is interest, the more accurately we can ensure options for all with little food waste. Please let us know if you'll be taking advantage of menu items like **bean tacos** and **veggie burgers!**
- ❖ **Here at MPS, we EAT LOCAL** all throughout the school year! Please encourage your children to try our local offerings! **Eat Local @ MPS** 📍 **SAVE THE DATE!** For our last Eat Local @ MPS Dinner April 1st!
- ❖ **We offer breakfast K-12!** Try the school breakfast program for whole grains, reduced sugar, yogurt parfaits, and more! **Celebrate National School Breakfast Week March 2nd through the 6th!**
- ❖ **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
- ❖ **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!

– 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 vegetable.

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