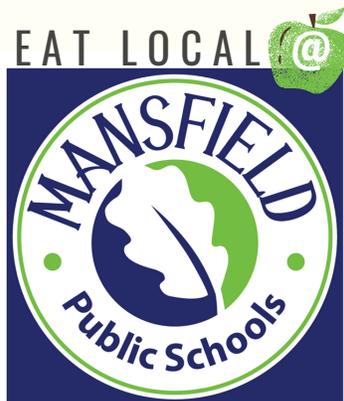


OCTOBER ELEMENTARY MENU

WWW.MANSFIELDCT.GOV/1595/LUNCH-MENUS-ONLINE-PAYMENT



FACEBOOK.COM/EATLOCALATMPS



Breakfast & Lunch Price: **FREE***

*Free for ALL children through 12/31/20

Milk Only: \$0.50

BREAKFAST

LOCAL OFFERING

Mondays

Mini Pancakes
or
Mini Waffles

Tuesdays

Bagel &
Cream Cheese

Wednesdays

Breakfast Bar

**Cereal Served
Daily**

Thursdays

Egg & Cheese
Sandwich

Fridays

Bread Slice
or
Muffin

NO SCHOOL OCT 12-13

Alternate Lunches by Week

10/14 - Turkey Sandwich

10/19 - Bagel & Yogurt

10/26 - Turkey Sandwich

Salad Plate Meal offered daily

10/14

Chicken Nuggets w/
Dinner Roll
Broccoli
Fries/Wedges
Fruit of the Day

10/15

Beef & Bean Chili
Cornbread &
Tortilla Chips
Baby Carrots
Fruit & Juice

10/16

Cheese or
Pepperoni Pizza
Veggie Sticks
Hummus
Fruit of the Day

10/19

Mac 'n' Cheese
**LOCAL SUMMER
SQUASH MEDLEY**
Roasted Chickpeas
Fruit of the Day

10/20

Hot Dog w/ Bun
(VN Turkey, GW/SE Beef)
Vegetarian Baked
Beans
Broccoli
Fruit & Juice

10/21

Cheese Ravioli
w/ marinara sauce
Mixed Greens Salad
Steamed Carrots
Fruit of the day

10/22

Brunch for Lunch!
Chicken & Waffles
Hashbrown
Corn
Fruit & Juice

10/23

Cheese or
Pepperoni Pizza
Cucumber Slices
Baby Carrots
Fruit of the Day

10/26

Mozzarella Sticks
w/ marinara sauce
Mixed Greens Salad
Broccoli
Fruit of the Day

10/27

Pulled Pork
Nachos
Shredded Lettuce
& Tomatoes
Fruit & Juice

10/28

Hamburger or
Cheeseburger
Roasted Chickpeas
LOCAL WINTER SQUASH
Fruit of the Day

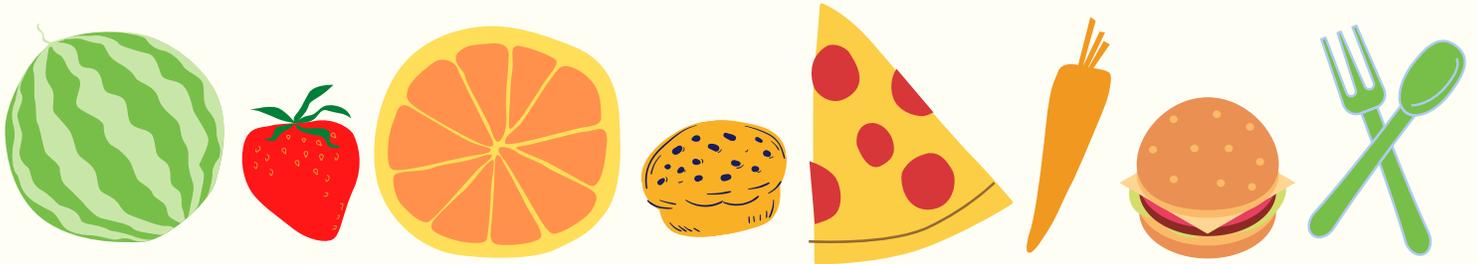
10/29

Chicken & Mashed
Potato Bar
Dinner Roll
Corn
Fruit & Juice

10/30

Cheese or
Pepperoni Pizza
Veggie Sticks
Hummus
Fruit of the Day





MPS FOOD SERVICES - ELEMENTARY

BREAKFAST MEALS

ALL INCLUDE 100% ORANGE JUICE, ½ CUP OF FRUIT, AND 1% REGULAR MILK

LUNCH MEALS

ALL INCLUDE A CHOICE OF 1% REGULAR MILK OR FAT-FREE CHOCOLATE MILK

ALTERNATE LUNCH CHOICES

BAGEL & YOGURT MEAL INCLUDES BAGEL, CREAM CHEESE, YOGURT, STRING CHEESE, VEGETABLE, FRUIT, CHOICE OF MILK

SALAD PLATE MEAL INCLUDES: ENTRÉE SIZE GARDEN SALAD, PROTEIN, CROUTONS, ADDITIONAL GRAIN, FRUIT, CHOICE OF MILK

TURKEY SANDWICH MEAL INCLUDES TURKEY SANDWICH W/ LETTUCE & CHEESE, VEGETABLE, FRUIT, CHOICE OF MILK

DIETARY MODIFICATIONS

GLUTEN FREE: WE CARRY THE FOLLOWING GLUTEN FREE ITEMS – HAMBURGER BUNS, HOT DOG BUNS, SLICED BREAD, CHICKEN TENDERS, PASTA, PIZZA CRUST, BAGELS, MUFFINS, CEREAL

DAIRY FREE: OUR VENDORS ONLY OFFER LACTAID FOR A MILK SUBSTITUTE. WE DO REALIZE MANY OF OUR ENTRÉE ITEMS INCLUDE CHEESE AS THE MEAT/MEAT ALTERNATE COMPONENT. WE CAN WORK WITH FAMILIES ON ALTERNATE OPTIONS

DISTANT & REMOTE LEARNING MEALS

MEALS ARE AVAILABLE FOR 5-DAY REMOTE LEARNERS

CONTACT

FOODSERVE@MANSFIELDCT.ORG
TO MAKE ARRANGEMENTS OR FOR ANY OTHER FOOD SERVICES RELATED NEEDS!

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER