

Mansfield Elementary Schools

Daily Lunch: \$2.25 (w/ milk)

Breakfast: \$1.30 (w/ milk)

Milk only: \$.50

February 2017



Menu



Please take our survey!

<http://www.mansfieldsourcingandquality.org/elementaryparentsurvey/>



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

email: foodserve@mansfieldct.org

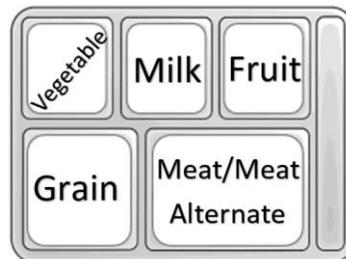
Food Service Director: (860) 429-7824

Monday	Tuesday	Wednesday	Thursday	Friday
1/30	1/31	2/1	2/2	2/3
<p>Grilled Cheese* (on wheat bread) Hummus Grape Tomatoes Assorted Fruits & Juice Milk</p> <p>Breakfast: Mini Waffles*</p>	<p>Teriyaki Chicken Dippers w/ whole grain Brown Rice Fortune Cookie Steamed Broccoli Fresh Red Pepper Strips Assorted Fruits & Juice Milk</p> <p>Breakfast: Bagel and Cream Cheese*</p>	<p>Brunch For Lunch French Toast Sticks* w/ Egg Patty* or Turkey Sausage Tater Tots Cucumber Slices Assorted Fruits & Juice Milk</p> <p>Breakfast: Breakfast Bar*</p>	<p>Crunchy Beef Taco (on whole grain corn tortilla) Red Beans w/ Brown Rice Potato Wedges Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</p>	<p>Cheese Pizza* (WG crust) Steamed Broccoli Celery Sticks Assorted Fruits & Juice Milk</p> <p>FIRST FRIDAY BREAKFAST: Warm Apple Frudel Breakfast: Corn Muffin</p>
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*
2/6	2/7	2/8	2/9	2/10
<p>❖❖Superbowl Lunch❖❖ Beef & Bean Nachos with WG corn tortilla chips Grape Tomatoes Celery Sticks Assorted Fruits & Juice Milk</p> <p>Breakfast: Mini Pancakes*</p>	<p>Bosco Sticks* (WG bread around mozz. cheese) Steamed Broccoli Potato Wedges Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</p>	<p>WG Breaded Chicken Nuggets w/ Wheat Roll New England Style Baked Beans** Snap Peas Assorted Fruits & Juice Milk</p> <p>Breakfast: Strawberry Banana Muffin*</p>	<p>Hamburger or Cheeseburger (on a wheat roll) Tater Tots Steamed Broccoli Assorted Fruits & Juice Milk</p> <p>Breakfast: Bagel and Cream Cheese *</p>	<p>Cheese Pizza* (WG crust) Baby Carrots Crunchy Roasted Chickpeas Assorted Fruits & Juice Milk</p> <p>Breakfast: Breakfast Bar *</p>
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!



<http://mansfieldct.gov/lunchmenus>

Monday	Tuesday	Wednesday	Thursday	Friday
2/13	2/14	2/15	2/16	2/17
<p>Crispy Chicken Patty Sandwich (on a wheat roll) Fresh Red Pepper Strips Steamed Cauliflower Assorted Fruits & Juice Milk</p> <p>Breakfast: Apple Bosco Stick*</p>	<p>WG Cheese Ravioli w/ Sauce* Mixed Greens Salad Steamed Carrot Coins A Sweet Valentine's Treat Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</p>	<p>Hot Dog (Vinton Turkey; Goodwin & SE Beef) (on a wheat roll) Potato Wedges Steamed Broccoli Assorted Fruits & Juice Milk</p> <p>Breakfast: Corn Muffin*</p>	<p>WG Mac 'n' Cheese* Cucumber Slices Hummus Assorted Fruits & Juice Milk</p> <p>Breakfast: Breakfast Bar*</p>	<p>No School</p> <p>Professional Development Day</p>
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	
2/20	2/21	2/22	2/23	2/24
<p>No School</p> <p>Presidents' Day</p>	<p>No School</p>	<p>Brunch for Lunch French Toast Sticks* w/ Egg Patty* or Turkey Sausage Hash Brown Baby Carrots Assorted Fruits & Juice Milk</p> <p>Breakfast: WG Apple Frudel*</p>	<p>Crispy Fish Filet Sandwich (on a wheat roll) Tartar Sauce Steamed Broccoli New England Style Baked Beans** Assorted Fruits & Juice Milk</p> <p>Breakfast: Breakfast Bar*</p>	<p>Cheese Pizza* (WG crust) Green Beans Oven Fries Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</p>
		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*
2/27	2/28	3/1	3/2	3/3
<p>Cheese Quesadilla* Red Beans w/ Brown Rice Steamed Cauliflower Assorted Fruits & Juice Milk</p> <p>Breakfast: Mini Pancakes*</p>	<p>Teriyaki Chicken Dippers w/ whole grain Brown Rice Fortune Cookie Steamed Broccoli Fresh Red Pepper Strips Assorted Fruits & Juice Milk</p> <p>Breakfast: Bagel and Cream Cheese*</p>	<p>WG Pasta w/ Beef Sauce Garlic Bread Mixed Greens Salad Green Peas Assorted Fruits & Juice Milk</p> <p>Breakfast: Breakfast Bar*</p>	<p>WG Breaded Popcorn Chicken w/ Wheat Roll Mashed Potatoes Snap Peas Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</p>	<p>Cheese Pizza* (WG crust) Crunchy Roasted Chickpeas Grape Tomatoes Assorted Fruits & Juice Milk</p> <p>FIRST FRIDAY BREAKFAST: Zucchini and Carrot Loaf* Breakfast: Blueberry Muffin*</p>
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
WG: Whole grain

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