

Elementary

Daily Lunch: \$ 2.25 (with milk)
 Breakfast: \$1.30 (with milk)
 Milk only: \$.50

September 2016 MENU

Welcome Back to School
Breakfast and Lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
		8/31 Brunch For Lunch French Toast* with Egg or Sausage Hash Browns Red Pepper Strips Assorted Fruits & Juice Milk Breakfast: Breakfast Bar* Alternate Lunch: Bagel Lunch*, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	9/1 Hamburger or Cheeseburger on Wheat Bun Oven Fries New England Style Baked Beans Assorted Fruits & Juice Milk Breakfast: Banana Bread* Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate*	9/2 Cheese Pizza* Steamy Broccoli Baby Carrots Assorted Fruits & Juice Bone-Strengthening Milk FIRST FRIDAY BREAKFAST: Apple Pie Turnovers* Alternate Lunch: Bagel Lunch*, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*
9/5 NO SCHOOL LABOR DAY	9/6 Italian Meatballs With Garlic Bread Mixed Greens Salad Assorted Fruits & Juice Milk (It does the body GOOD!) Breakfast: Flavored Yogurt w/ Graham Crackers* Alternate Lunch: Ham & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate*	9/7 Hot Dog (Vinton Turkey; Goodwin & SE Beef) on Wheat Bun New England Style Baked Beans Grape Tomatoes Assorted Fruits & Juice Milk Breakfast: Waffle Stix* Alternate Lunch: Bagel Lunch*, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*	9/8 Chicken Nuggets with Wheat Roll Mashed Potatoes Cucumber Slices Assorted Fruits & Juice Milk Breakfast: Cinnamon Sugar Donut* Alternate Lunch: Turkey & Cheese Sandwich Pack, PB&J Pack*, or Salad Plate*	9/9 Cheese Pizza* Steamy Broccoli Baby Carrots Assorted Fruits & Juice Milk Breakfast: Sunrise Sandwich Alternate Lunch: Bagel Lunch*, PB&J Pack* or Fruit, Cheese, & Yogurt Pack*

Alternate lunches include all food group components:

- o Bagel Lunch includes bagel, cream cheese, fruit and cheese stick
- o Fruit, Cheese & Yogurt Pack includes yogurt, muffin, cheese stick, assorted fruit and graham crackers

Sandwich packs include goldfish and assorted fruit.

Milk choices: Fat-Free White, Fat-Free Chocolate or 1% White
 All juice drinks are 100% juice.

* Indicates Vegetarian Option

The 5 Meal Components for School Lunch

- Meat or Meat Alternate
- Grain
- Fruit
- Vegetable
- Milk

You choose **at least 3** including $\frac{1}{2}$ cup of vegetable or fruit and at least 2 other components. For best nutrition, choose all 5!

Monday	Tuesday	Wednesday	Thursday	Friday
9/12	9/13	9/14	9/15	9/16
<p>Mac 'N Cheese* Mixed Veggies Cucumber Slices Assorted Fruits & Juice Bone-Strengthening Milk</p> <p>Breakfast: French Toast Sticks*</p>	<p>Beef Tacos Grape Tomatoes Black Beans Golden Corn Assorted Fruits & Juice Milk</p> <p>Breakfast: Cinnamon Bun*</p>	<p>Brunch For Lunch Mini Waffles* w/ Egg Patty or Sausage Hash Browns Red Bell Pepper Strips Assorted Fruits & Juice Milk</p> <p>Breakfast: Breakfast Bar*</p>	<p>Crispy Chicken Patty Sandwich on Wheat Bun Carrots New England Style Beans Assorted Fruits & Juice Milk</p> <p>Breakfast: Banana Bread*</p>	<p>Cheese Pizza* Steamy Broccoli Celery Dippers Assorted Fruits & Juice Milk</p> <p>Breakfast: Pancake on a Stick</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*
9/19	9/20	9/21	9/22	9/23
<p>Corn Puppies (mini turkey corn dogs) Potato Wedges Cucumber Slices Assorted Fruits & Juice Milk (It does the body GOOD!)</p> <p>Breakfast: Mini Pancake Pack*</p>	<p>Cheese Quesadilla* Black Beans Golden Corn Assorted Fruits & Juice Milk</p> <p>Breakfast: Flavored Yogurt w/ Graham Crackers*</p>	<p>Pasta* with Meat (beef) Sauce Mixed Greens Salad Grape Tomatoes Assorted Fruits & Juice Milk</p> <p>Breakfast: Waffle Stix*</p>	<p>Chicken & Gravy over Mashed Potatoes with Wheat Roll Green Beans Assorted Fruits & Juice Milk</p> <p>Breakfast: Cinnamon Sugar Donut*</p>	<p>Cheese Pizza* Steamy Broccoli Baby Carrots Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</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*
9/26	9/27	9/28	9/29	9/30
<p>Bosco Sticks* w/ Marinara Dipping Sauce Celery Sticks Baby Carrots Assorted Fruits & Juice Milk</p> <p>Breakfast: French Toast Sticks*</p>	<p>Teriyaki Chicken over Brown Rice w/ Fortune Cookie Steamy Mixed Veggies Grape Tomatoes Assorted Fruits & Juice Milk</p> <p>Breakfast: Flavored Yogurt w/ Graham Crackers</p>	<p>French Toast* with Egg or Sausage Hash Browns Red Pepper Strips Assorted Fruits & Juice Bone-Strengthening Milk</p> <p>Breakfast: Breakfast Bar*</p>	<p>Hamburger or Cheeseburger on Wheat Bun Oven Fries New England Style Baked Beans Assorted Fruits & Juice Milk</p> <p>Breakfast: Banana Bread*</p>	<p>Cheese Pizza* Steamy Broccoli Sliced Cucumbers Assorted Fruits & Juice Milk</p> <p>Breakfast: Sunrise Sandwich</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*

LUNCH ACCOUNT BALANCE NOTIFICATIONS:

Would you like to receive e-mail notifications in regards to your child's lunch account balance?
Go to the Mansfield Public Schools Food Services Webpage to sign up for
Weekly Balance Reminders or Low Balance Warnings.
<http://www.mansfieldct.gov/lunchmenus>