

Meal Prices

Breakfast: \$1.55 (w/ milk)

Lunch: \$2.75 (w/ milk)

Milk (only) \$0.55



Mansfield Middle School 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 & Juice Milk</p>	<p>03/03 Mini Beef Taco Bites Cucumber Slices Hummus Assorted Fruits & Juice Milk</p>	<p>03/04 Teriyaki Chicken Strips Veggie "Fried" Rice Fortune Cookie Steamed Peas Baby Carrots Assorted Fruits & Juice Milk</p>	<p>03/05 Cheeseburger Meatloaf w/ Dinner Roll (all beef) Mashed Potatoes Local Spaghetti Squash Assorted Fruits & Juice Milk</p>	<p>03/06 Cheese or Local Kale Pizza* Mixed Greens Salad Crunchy Roasted Chickpeas Assorted Fruits & Juice Milk</p>
<p>03/09 Grilled Cheese Sandwich* Golden Corn Red Pepper Strips Assorted Fruits & Juice Milk</p>	<p>03/10 Pasta w/ Meat Sauce (beef) Mixed Greens Salad Steamed Broccoli Assorted Fruits & Juice Milk</p>	<p>03/11 Pulled Pork Nachos** Shredded Lettuce & Grape Tomatoes Shredded Cheese & Salsa Assorted Fruits & Juice Milk</p>	<p>03/12 Regular, Spicy, or Grilled Chicken Patty Sandwich Vegetarian Baked Beans Oven Fries or Wedges Assorted Fruits & Juice Milk</p>	<p>03/13 Homemade Cheese* or Specialty Pizza Veggie Sticks Hummus Assorted Fruits & Juice Milk</p>
<p>03/16 Mac 'n' Cheese* Local Winter Squash Cucumber Slices Assorted Fruits & Juice Milk</p>	<p>03/17 Pierogies w/ Orange Sauce & Meatballs (no pork) Green Pepper Strips Mixed Greens Salad Assorted Fruits & Juice Milk</p>	<p>03/18 Hamburger or Cheeseburger (Veggie Burgers* PLEASE REQUEST) Baby Carrots Hummus Assorted Fruits Milk</p>	<p>03/19 Chicken & Mashed Potato Bar Dinner Roll Golden Corn Assorted Fruits & Juice Milk</p>	<p>03/20 Cheese or Local Kale Pizza* Steamed Broccoli Crunchy Roasted Chickpeas Assorted Fruits & Juice Milk</p>
<p>03/23 Cheese Quesadilla* Mixed Greens Salad Red Pepper Strips Assorted Fruits & Juice Milk</p>	<p>03/24 Chicken & Vegetable Potstickers *NEW!* Fortune Cookie Steamed Broccoli Vegetarian Baked Beans Assorted Fruits & Juice Milk</p>	<p>03/25 -Brunch for Lunch- French Toast Sticks* Egg* OR Turkey Sausage Patty Hash Brown Local Butternut Squash Assorted Fruits & Juice Milk</p>	<p>03/26 Chicken Tenders w/ Dinner Roll Local Summer Squash Oven Fries or Wedges Assorted Fruits & Juice Milk</p>	<p>03/27 Homemade Cheese* or Specialty Pizza Veggie Sticks Hummus Assorted Fruits & Juice Milk</p>
<p>03/30 Cheese Lasagna* Mixed Greens Salad Local Cheddar Pumpkin Assorted Fruits & Juice Milk</p>	<p>03/31 Pulled Pork** or Bean* Tacos Shredded Lettuce & Grape Tomatoes Shredded Cheese & Salsa Assorted Fruits & Juice Milk</p>	<p>04/01 Beef Steak & Cheese Sandwich w/ onions & peppers Cucumber Slices Hummus Assorted Fruits & Juice Milk</p>	<p>04/02 Chicken Parmesan w/ Garlic Bread Steamed Broccoli Mashed Potatoes Assorted Fruits & Juice Milk</p>	<p>04/03 Cheese or Local Kale Pizza Crunchy Roasted Chickpeas Oven Fries or Wedges Assorted Fruits & Juice Milk</p>

BREAKFAST is available every day for \$1.55

Assorted WGR Baked Goods
(bagels, muffins, breads)

Egg & Cheese or Sausage & Cheese Sandwiches

Breakfast Pizza

Pancake on a Stick

Various reduced sugar, whole grain rich cereals

Included with breakfast is milk, assorted fruits, and 100% orange juice.

Daily Alternate Lunch Choices for \$2.75

In addition to the planned menu above, every day we also serve:

- Cheese* and Pepperoni Pizza Slices
- Bagel & Yogurt Lunch Pack* – Bagel, strawberry/banana yogurt, cheese stick, and cream cheese.
- Assorted Deli Sandwiches, PB&J
- Salad Bar* – With choice of protein, goldfish, & whole grain croutons

ALL lunch choices come with a vegetable, fruit and milk

* Indicates Vegetarian Option **Contains Pork - ALL grains are whole grain rich -



“à la carte”



FACTS FIRST!

1. What is “a la carte”?
 - “A la carte” sales are when any one purchases an item that is NOT part of a complete meal (a complete meal refers to those purchased at the regular menu meal price).

2. Can anyone make an “a la carte” purchase?
 - Students must return a slip (obtained from a cashier) signed by a parent or guardian allowing “a la carte” purchases. A note is then entered on the student’s PowerSchool account that items can be purchased. **Only two items per snack type can be purchased at once.**

3. Can students charge “a la carte” purchases on their account?
 - Only if we receive a signed slip saying so. Some parents limit “a la carte” to cash only. Special requests, limitations, and other arrangements can be considered by contacting the food service director at foodserve@masfieldct.org.

Hydration Station

Milk \$0.55

Plain 1%, fat free 1%, fat free chocolate
(comes with regularly priced meals)

Water

8 oz. \$0.50
16 oz. \$1.00
24 oz. sport top \$1.50

Switch \$1.50

Assorted flavors, carbonated
100% fruit juice drink

Capri Sun \$0.75

Assorted flavors – 100% fruit
juice drink

Sweet & Savory



Ice Cream & Pudding Desserts \$0.75

Assorted cups, cones, sandwiches,
popsicles, and push pops.



Hot Pretzel \$0.50

Pretzels & Goldfish \$0.50

(unless included in salad bar meal)

Chips \$1.00

Assorted flavors – Doritos, Baked
Ruffles, Fantastix, & more!

Cookie \$0.25

Chocolate Chip & Carnival



Baked Tostito Scoops & Salsa \$1.25

Entrée only (no fruit, vegetable, or milk included) \$2.30

Extra protein cup, serving of fruit, or vegetable \$0.50

All “à la carte” sales abide by Connecticut’s Healthy Food Certification.
More information can be found at the Connecticut State Dept. of Education’s Child Nutrition Website.

Menu is subject to change without notice.
This institution is an equal opportunity provider.