



September 2017 Illing



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is offered daily at all schools throughout the district. Please visit: www.mpspride.org		6 Chicken Patty on a Whole Wheat Roll Green Beans Choice of Fruit	7 Beefburger Cheeseburger, or Veggie Burger on a Whole Wheat Roll Corn Choice of Fruit	8 Pizza Round <i>Cheese or Pepperoni</i> Garden Salad Choice of Fruit
Daily Alternates: Ham & Cheese Sandwich, Yogurt/Bagel Plate, Chef Salad, WG Mini Quesadilla				
11 French Toast Sticks Potato Puffs Sausage Links Choice of Fruits	12 Crazy Cheesy Bread Marinara Sauce Carrots Choice of Fruit	13 Chicken Nuggets Brown Rice Cauliflower & Cheese Sauce Choice of Fruit	14 Nacho Supreme <i>with Toppings</i> Mexican Beans Choice of Fruit	15 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Garden Salad Choice of Fruit
Daily Alternates: Turkey Sandwich, Yogurt/Bagel Plate, Chef Salad, Rib-B-Que Sandwich				
18 Chicken Patty on a Whole Wheat Roll Cherry Tomato Salad Choice of Fruit	19 Soft Bread Sticks Meat Sauce Cucumber & Celery Sticks Choice of Fruit	20 Cheese Quesadilla Refried Beans Choice of Fruit	21 Popcorn Chicken Mashed Potato & Gravy Dinner Roll Carrots Choice of Fruit	22 Pizza Round <i>Cheese or Pepperoni</i> Roasted Broccoli Choice of Fruit
Daily Alternates: Tuna Sandwich, Yogurt/Bagel Plate, Chef Salad, Toasted Cheese Sandwich				
25 Teriyaki Chicken Brown Rice Carrots Choice of Fruit	26 Pasta & Meatballs Green Beans Choice of Fruit	27 Breaded Chicken Tenders Brown Rice Corn Choice of Fruit	28 Low Fat Mozzarella Sticks Marinara Sauce Pasta Broccoli Choice of Fruit	29 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Roasted Chickpeas Choice of Fruit
Daily Alternates: Ham & Cheese Sandwich, Yogurt/Bagel Plate, Chef Salad, Egg & Cheese Sandwich				

This Institution is an equal opportunity provider.

Menu subject to change

Please log onto www.ezschooldpay.com to monitor your child's account or call 860-647-3462

Student Lunch Price: \$2.50 - Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.75

Student Breakfast: \$1.00 - Reduced Breakfast: \$.30

Milk Only: \$.40



Milk is available with all lunches

Daily Milk Choices include: 1%, Skim, Fat Free Flavored

Fruit Choices include a variety of fresh, canned, and 100% fruit juice



**Remember to fill out your
Free & Reduced Price Meal Application
Apply on line @ www.ezmealapp.com
If you need a paper copy please pick
one up at your child's school!!**



October 2017 Illing



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Patty on Whole Wheat Roll Green Beans Choice of Fruit	3 Soft Bread Sticks Meat Sauce Spinach Salad Choice of Fruit	4 Toasted Ham & Cheese Sandwich Tomato Soup Sweet Potato Fries Choice of Fruit	5 Popcorn Chicken Mashed Potato with Gravy Whole Wheat Dinner Roll Green Beans Choice of Fruit	6 Pizza Wedge Cheese or Pepperoni Roasted Chickpeas Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, Rib-B-Que on a Roll, Deli Sandwiches				
9 Columbus Day	10 Pasta & Meatballs Whole Wheat Dinner Roll Roasted Zucchini Choice of Fruit	11 Breaded Chicken Tenders Roasted Mini Golden Potatoes Broccoli Choice of Fruit	12 Beefburger Cheeseburger or Veggie Burger on a Whole Wheat Roll Corn Baked Beans Choice of Fruit	13 Pizza Wedge Cheese or Buffalo Chicken Celery & Carrot Sticks Ranch Dressing Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, WG Mini Quesadilla, Deli Sandwiches				
16 French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	17 Crazy Cheesy Bread Marinara Sauce Carrots Choice of Fruit	18 Chicken Nuggets Seasoned Noodles Roasted Parmesan Green Beans Choice of Fruit	19 Nacho Supreme with toppings Mexican Black Beans Choice of Fruit	20 Pizza Wedge Cheese or Pepperoni Caesar Salad Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, Hummus Plate, Toasted Cheese Sandwich, Deli Sandwiches				
23 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Carrots Choice of Fruit	24 Cheese Calzone Marinara Sauce Sauteed Yellow & Green Squash Choice of Fruit	25 Hard or Soft Shell Taco with Toppings Rice Refried Beans Choice of Fruit	26 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Green Beans Choice of Fruit	27 Pizza Wedge Cheese or Buffalo Chicken Garden Salad Choice of Fruit
Daily Alternates: Bagel Plate, Chef Salad, Hummus Plate, Lasagna, Deli Sandwiches				
30 Teriyaki Chicken Brown Rice Glazed Carrots Choice of Fruit	31 French Toast Sticks Potato Puffs Sausage Links Choice of Fruit		Fruit Choices include a variety of fresh, canned & 100% fruit juice	Milk is available with all lunches Daily Milk Choices: 1%, Skim, Fat Free Flavored
Daily Alternates: Bagel Plate, Chef Salad, Hummus Plate, Fish Sandwich, Deli Sandwiches				

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