






PITTSFIELD SCHOOLS ELEMENTARY MENU SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Weekly Breakfast Choices Include:	Nutrient Dense Grains: Toast, Reduced Sugar Cereals Bagels, Muffins, Benefit Bars & Grain/Protein Combos Visit www.pittsfield.net	Vitamin Rich Fruit: Fresh Fruit or Cupped Fruit & 100% Fruit Juices	Lean Protein: Fruit Flavored Yogurt Eggs	Milk Low-Fat Milk & Non-Fat Flavored Milk Available Daily	
 2	3 Baked Chicken Tenders served w/Honey Mustard Sauce School Baked Roll Glazed Carrots Potato Smiles	4 Toasty Grilled Cheese or Turkey Hot Dogs Boston Baked Beans Tomato , Cuke & Mozzarella Salad	5 Italian Cold Cut Sub Lettuce & Tomato Baked Potato Chips Vegetable Sticks Fresh Broccoli Salad or Grilled Chicken Salad Plate 	6 Sal's Cheese Pizza or Sal's Garlic Pizza Mediterranean Salad w/ Chickpeas	Cals 644 Sodium 1180 mg Carb 89.7 g T. Fat 21.0 g S. Fat 7.2 g
9 Hamburger or Cheeseburger on Bun Lettuce & Tomato Crinkle Cut Potatoes Sweet Pickle Chips	10 Spaghetti & Meat Sauce School Baked Roll Tossed Green Salad Chickpea Salad	11 Breakfast for Lunch French Toast Sticks w/ Syrup Breakfast Sausage or Turkey Hot Dogs Buttered Carrot Coins	12 Taco or Tortilla with Beef Filling Rice & Vegetable Casserole Lettuce & Tomato Corn, Salsa or Chef Salad Plate	13 Birthday Friday Cheese Pizza Pepperoni Pizza Harvest Garden Salad w/ chickpeas Spice Cake 	Cals 675 Sodium 894 mg Carb 93.8 g T. Fat 21.0 g S. Fat 7.4 g
16 Ham & Cheese Croissant Roasted Carrot Fries 	17 Macaroni & Cheese WG Garlic Knot Roll Mixed Vegetables Medley	18 Baked Fish Sticks & Cornbread or Turkey Hot Dogs Boston Baked Beans Red & Green Pepper Sticks w/ Low-Fat Ranch Dip	19 Stuffed Spud Baked Potato with Choice of Seasoned Beef, Cheese Sauce, Tostitos Rounds, School Baked Roll, Seasoned Broccoli Florets and Salsa or Crispy Salad Plate	20 Half Day Turkey & Cheese Sub Vegetable Sticks Apple <div>Conte, Crosby, Morningside</div>	Cals 607 Sodium 1247 mg Carb 88.6 g T. Fat 16.8 g S. Fat 5.7 g
23 Baked Chicken Teriyaki Parmesan Noodles Warm Breadstick Asian Green Beans	24 Chicken Quesadilla or Cheese Quesadilla Buttered Carrots Salsa, Lettuce & Tomatoes Black Bean & Corn Salad	25 Meatball & Cheese Sub or Turkey Hot Dogs Baked Potato Wedges Roasted Chickpeas	26 Roast Turkey & Gravy Sweet Corn Mashed Potatoes School Baked Roll or Taco Salad Plate	27 Cheese Pizza or Cheesy Hamburger Pizza Mediterranean Salad	Cals 569 Sodium 1026 mg Carb 78.1 g T. Fat 16.4 g S. Fat 5.6 g

All Meals Include Choices of Fresh and Chilled Fruit, Baby Carrots Snack Pack, Vegetable of the Day and Milk;

Including locally Grown Produce When Available Featured this Month -Tomatoes

Available Daily: Peanut Butter & Jelly Sandwich served with choice of 4oz Yogurt Cup or Cheese Stick or

Bowl Pak Cereal served with 4 oz Yogurt, Cheese Stick and Crackers

All Pittsfield Schools Serve Breakfast Daily.

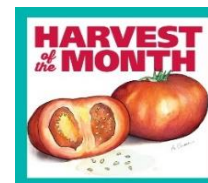
Our Breads, Tortillas, Pasta, Pizza & Rice are Whole Grain. All Meals Meet USDA Standards for Nutrition and Portion Size

Menu Subject To Change

School Nutrition Services is Looking to Hire Substitute Cafeteria Helpers. Flexible Hours, Will Train. Call 448-9608 for More Information



Pittsfield School
Nutrition Services
We Serve Education
Every Day



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