

Plainville Community Schools

October 2018

Gluten Free

ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: www.myschoolbucks.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| Turkey Hot Dog w/Mild Chili or Cheese sauce Topping on GF Bun Baked Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Meatball Hero on a GF Bun Fiesta Corn Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Beef Hamburger, with Melted Mozzarella Cheese, Pizza Sauce on a GF Bun Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Chicken Quesadilla on a GFTortilla Steamed Carrot Rounds Seasonal Fresh Fruit Chilled Fruit Choice of Milk | GF Pizza Shell Cheese, or BBQ Chicken GF Pizza Shell Sweet Corn Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk |
| | 2 | 3 | 4 | |
| Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese | | | | |
|  Columbus Day! | GF Pasta with Meat Sauce Steamed Seasoned Broccoli Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Grilled Chicken & Cheese on GF Bun Oven Baked Tater Tots Seasonal Fresh Fruit Chilled Fruit Choice of Milk | 2 -Tacos w/ Meat sauce, Lettuce, Tomato, Cheddar Cheese, & Salsa Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk | GF Pizza Shell Choice of Cheese, or Pepperoni Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Choice of Milk |
| | 9 | 10 | 11 | 12 |
| Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese | | | | |
| GF Grilled Chicken w/Dipping sauce Mashed Potato & Gravy GF Bread Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Breakfast for Lunch GF French Toast Sticks with Syrup Egg Patty Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk | GF Mozzarella Sticks w/Marinara sauce Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Grilled Chicken Patty on GF Roll Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk | GF Pizza Shell -Cheese Pepperoni, or Roasted Tomato & Spinach Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Choice of Milk |
| 15 | 16 | 17 | 18 | 19 |
| Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese | | | | |
| Beef Hamburger GF Bun with Turkey Bacon, Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Grilled Chicken Tenders Asian Mixed Vegetables Seasonal Fresh Fruit Chilled Fruit Choice of Milk | GF Chicken w/Dipping sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Turkey in Gravy w/ Sweet Potato Fries GF Dinner Roll Cranberry Sauce Seasonal Fresh Fruit Chilled Fruit Choice of Milk | GF Pizza Shell -Cheese, Pepperoni, or Ham & Pineapple Fresh Made Chick Pea Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk |
| 22 | 23 | 24 | 25 | 26 |
| Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese | | | | |
| Baked Ham & Cheese on GF Bread Oven Baked Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk | Nachos w/Mild Chicken Meat sauce Black Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk |  Zombie GF Pizza Bites w/Dipping sauce GF Hobgoblin Noodles Fresh Boo Broccoli | GF=Gluten Free | |
| 29 | 30 | | | |
| Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese | | | | |

Daily Alternates indicates main entrée alternative – All vegetable & fruit components listed on menu are available with Bagel and Peanut Butter Entree. Bagel & Yogurt includes a cheese stick.

Salad w/mixed greens tomato wedge, cucumber slices, cheese and WG roll.

Choice of Non-fat chocolate, skim, or 1% milk is available

Michael Koch, Food Service Director - 860-793-3234 kochm@plainvilleschools.org