

Plainville Community Schools

January 2019

ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG=Whole Grain		Whole Grain Breaded Crispy Chicken Patty on a WG Bun Oven Baked Crinkle Cut Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 2	Whole Grain Penne Pasta with Meat Sauce Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 3	Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 4
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
Sausage, Egg, & Cheese on a WG Bun BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 7	Three Cheese Calzone with Pizza Sauce Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 8	Whole Grain Breaded Chicken Nuggets Whole Grain Egg Noodles Baked Sweet Potatoes Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 9	Taco Meat, w/Potato Wedges w/Broccoli, Cheese, and Sour Cream Whole Grain Dinner Roll Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 10	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Fresh Cut Red and Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 11
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
WG Rotini & Meatballs and Marinara Sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 14	Chicken Snack Wrap Chicken Breast Strips, Lettuce & Tomato, Cheese and Light Ranch Dressing Snuggled in a Whole Grain Tortilla! Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 15	Breaded Mozzarella Sticks With Marinara Sauce Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 16	Twin Tacos /Meatsauce With Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 17	Fresh Made Pizza Choice of Cheese, Pepperoni, or White Broccoli Green Leaf Lettuce with Tomato Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 18
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Martin Luther King Day Holiday  21	WG Pancakes w/ Syrup, & Choice of Strawberries or Blueberries Sausage Links Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 22	Hamburger or Cheeseburger on a WG Bun w/Lettuce Tomato Smile Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 23	Chicken & Pineapple Stir Fry over Fried Rice Asian Vegetables Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk Fortune Cookie 24	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 25
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Grilled Cheese on WG Flatbread Steamed Con Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 28	WG Breaded Chicken Tenders Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 29	Whole Grain Breaded Mozzarella Sticks Marinara Sauce Steamed Broccoli and Roasted Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 30	Grilled Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers WG Tortilla Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 31	
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				

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, shredded cheese and WG roll.

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

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WG=Whole Grain