

# Plainville Community Schools

## January 2019

### GLUTEN FREE ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: [www.myschoolbucks.com](http://www.myschoolbucks.com)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<div style="background-color: yellow; padding: 5px; display: inline-block;"><b>Note: GF=Gluten Free</b></div>		Grilled Chicken Breast on a GF Bun Oven Baked Crinkle Cut Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">2</div>	Gluten Free Penne Pasta with Meat Sauce Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">3</div>	GF Cheese Pizza Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">4</div>
<i>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
Sausage, Egg, & Cheese on a GF Bun BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">7</div>	Grilled Cheese on GF Bread Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">8</div>	No Breading Chicken Tenders Whole Grain Egg Noodles Baked Sweet Potatoes Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">9</div>	Taco Meat, w/Potato Wedges w/Broccoli, Cheese, and Sour Cream GF Roll Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">10</div>	GF Cheese Pizza Fresh Cut Red and Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">11</div>
<i>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
GF Rotini and Beef Meatsauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">14</div>	Chicken Snack Wrap Chicken Breast Strips, Lettuce & Tomato, Cheese and Light Ranch Dressing in GF Roll Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">15</div>	GF Cheese Pizza Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk  <div style="text-align: right;">16</div>	Twin Tacos /Meatsauce With Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">17</div>	GF Cheese Pizza Green Leaf Lettuce with Tomato Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">18</div>
<i>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Martin Luther King Day Holiday   <div style="text-align: right;">21</div>	GF French Toast w/ Syrup, & Choice of Strawberries or Blueberries Sausage Links Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">22</div>	Hamburger or Cheeseburger on a GF Bun w/Lettuce Tomato Smile Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">23</div>	Chicken & Pineapple Stir Fry w/Brown Rice Asian Vegetables Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <b>Fortune Cookie</b>  <div style="text-align: right;">24</div>	GF Cheese Pizza Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">25</div>
<i>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Grilled Cheese on GF Bread Steamed Con Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">28</div>	GF Chicken Tenders Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">29</div>	GF Cheese Pizza Steamed Broccoli and Roasted Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">30</div>	Grilled Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers GF Roll Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk  <div style="text-align: right;">31</div>	
<i>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; 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

Michael Koch, Food Service Director - 860-793-3234 [kochm@plainvilleschools.org](mailto:kochm@plainvilleschools.org)