




Plainville Community Schools November 2018

ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: www.myschoolbucks.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	WG=Whole Grain		WG Chicken Nuggets w/Dipping sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Choice of Milk 1	Choice of Pizza-Cheese, or BBQ Chicken Sweet Corn Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk 2
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
BBQ Chicken Breast on WG Roll Carrot Coins Seasonal Fresh Fruit Chilled Fruit Choice of Milk	 6	Grilled Chicken & Cheese on WG Flatbread Oven Baked Tater Tots Seasonal Fresh Fruit Chilled Fruit Choice of Milk 7	Twin Tacos w/ Meat sauce, Lettuce, Tomato, Cheddar Cheese, & Salsa Black Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk 8	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Choice of Milk 9
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
WG Mozzarella Stuffed Cheese Sticks w/Marinara sauce Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk 12	Breakfast for Lunch Whole Grain French Toast Sticks with Syrup Egg & Cheese Patty Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk 13	Thanksgiving Meal Turkey in Gravy w/ Mashed Potatoes Whole Grain Stuffing Cranberry Sauce Seasonal Fresh Fruit Chilled Fruit Choice of Milk 14	Chicken Patty on WG Roll Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk 15	Choice of Pizza-Cheese Pepperoni, or Roasted Tomato & Spinach Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Choice of Milk 16
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Hamburger/Cheeseburger on WG Bun with Turkey Bacon, Onion Ring Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk 19	Teriyaki Chicken w/Brown Rice Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Choice of Milk 20	Choice of Pizza-Cheese, Pepperoni, or Ham & Pineapple Fresh Made Chick Pea Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk 21	 Happy Thanksgiving	
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Baked Chicken & Cheese on Flatbread Oven Baked Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk 26	Nachos w/ Chicken Meat sauce Mexican Corn Seasonal Fresh Fruit Chilled Fruit Choice of Milk 27	Turkey Hot Dog w/Chili or Cheese Sauce Topping on WG Bun Baked Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk 28	WG Pasta with Meat Sauce Steamed Seasoned Broccoli Seasonal Fresh Fruit Chilled Fruit Choice of Milk 29	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Steamed Carrot Rounds Seasonal Fresh Fruit Chilled Fruit Choice of Milk 30
Daily Alternates: <i>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, 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