

Plainville Community Schools October 2018

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 WG Bun Baked Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Meatball Hero on a WG Bun Fiesta Corn Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Beef Hamburger, with Melted Mozzarella Cheese, Pizza Sauce on a WG Bun Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Chicken Quesadilla on a WG Tortilla Steamed Carrot Rounds Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Choice of Pizza-Cheese, or BBQ Chicken Sweet Corn Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk
2	2	3	4	5
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
 Columbus Day!	WG Pasta with Meat Sauce Steamed Seasoned Broccoli Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Grilled Chicken & Cheese on WG Flatbread 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	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Choice of Milk
9	9	10	11	12
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
WG Chicken Nuggets w/Dipping sauce Mashed Potato & Gravy Whole Grain Dinner Roll Seasonal Fresh Fruit Chilled Fruit Choice of Milk	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	WG Mozzarella Stuffed Bread Sticks w/Marinara sauce Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Chicken Patty on WG Roll Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Choice of Pizza-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: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Beef Hamburger WG Bun with Turkey Bacon, Onion Ring Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Teriyaki Chicken Tenders Asian Mixed Vegetables Fortune Cookie Seasonal Fresh Fruit Chilled Fruit Choice of Milk	WG Chicken Nuggets w/Dipping sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Turkey in Gravy w/ Mashed Potatoes Whole Grain Dinner Roll Cranberry Sauce Seasonal Fresh Fruit Chilled Fruit Choice of Milk	Choice of Pizza-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: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Baked Ham & Cheese on Flatbread 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 Pizza Bites w/Dipping sauce Whole Grain Hobgoblin Noodles	WG=Whole Grain	
29	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

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