

# Plainville Community Schools September 2018

## ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Website for online payments: [www.myschoolbucks.com](http://www.myschoolbucks.com)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>Welcome Back to Another Fantastic School Year!</b></p>	<p>Please note that those eligible for Free or Reduced Meals must submit a new application for this year by October 14<sup>th</sup>! Those that do not will lose free and reduced benefits!</p>			
<p><b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Choice of Jelly or Fluff with Cheese Snack</b></p>				
<p><b>Labor Day!</b></p>	<p><b>Whole Grain French Toast Sticks with Syrup!</b> Chicken Sausage Patty Oven Baked Tator tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">4</p>	<p><b>Whole Grain Pasta with Meat Sauce!</b> Steamed Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">5</p>	<p><b>Stir Fry Chicken over Fried Rice!</b> Oriental Vegetables <b>Fortune Cookie</b> Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">6</p>	<p><b>Fresh Made Pizza! Choice of Cheese, Pepperoni, or Teriyaki Chicken &amp; Pineapple!</b> Fresh Grape Tomato &amp; Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">7</p>
<p><b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Choice of Jelly or Fluff with Cheese Snack</b></p>				
<p><b>Grilled Cheese on Whole Grain Flat Bread!</b> Green Leaf Lettuce with Olives, &amp; Mushrooms Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">10</p>	<p><b>Whole Grain Breaded Chicken Patty on a Whole Grain Bun!</b> With Lettuce &amp; Tomato Fresh Made Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">11</p>	<p><b>Whole Grain Breaded Mozzarella Sticks with Marinara Sauce!</b>  Steamed Romano Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">12</p>	<p><b>Stuffed Baked Potato!</b> With Taco Meat, Broccoli, Cheddar Cheese, &amp; Sour Cream Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">13</p>	<p><b>Fresh Made Pizza! Choice of Cheese, Pepperoni, or White Broccoli!</b> Fresh Cut Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">14</p>
<p><b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</b></p>				
<p><b>Hamburger or Cheeseburger on a Whole Grain Bun with Onion Ring Garnish!</b> Oven Baked Spiral Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">17</p>	<p><b>Whole Grain Breaded Chicken Nuggets!</b> Whole Grain Noodles Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">18</p>	<p><b>Whole Grain Three Cheese Calzone!</b> With Pizza Sauce Tomato &amp; Cucumber Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">19</p>	<p><b>Grilled Chicken Fajita in a Whole Grain Tortilla!</b> With Lettuce, Tomato &amp; Salsa Steamed Fajita Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">20</p>	<p><b>Stuffed Crust Pizza! Choice of Cheese, Pepperoni, or Meatball!</b> Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">21</p>
<p><b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</b></p>				
<p><b>Whole Grain Pancakes With Syrup!</b> Sausage Links Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">24</p>	<p><b>Grilled Southwest Chicken Breast in a Whole Grain Bun!</b> Lettuce &amp; Tomato Black Bean &amp; Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">25</p>	<p><b>Whole Grain Pasta with Meat Balls!</b> Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">26</p>	<p><b>Beef Taco with Lettuce, Tomato, &amp; Salsa in a Whole Grain Tortilla!</b> Fresh Made Mexican Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">27</p>	<p><b>Fresh Made Pizza! Choice of Cheese, Pepperoni, or Tomato &amp; Olive!</b> Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">28</p>
<p><b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</b></p>				

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

*Non-fat chocolate, skim, or 1% milk is available with each lunch.*

*Call or e-mail us with questions or comments, Food Service Office at 793-3234.*