

Plainville High School January 2019 Lunch Menu

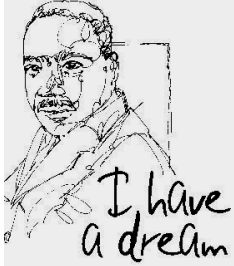
January 1 to January 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The PHS Hot Meal</p>			<p>WG Breaded Spicy Chicken Patty on a WG Kaiser Roll & Choice of Bleu Cheese or Ranch Dressing Oven Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>WG Penne Pasta with Meat Sauce Fresh Steamed Italian Green Beans with Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Stir Fry Chicken & Pineapple in a Whole Grain Grinder Roll! Steamed Asian Vegetables Fortune Cookie Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>The PHS Pizzeria</p> <p>All Pizzas are made fresh daily. Complete Meal: \$ 3.25</p>			<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Pesto Chicken Green and Red pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Steak & Cheese Fresh Cut Carrots with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza White Broccoli & Garlic Green Bean, Onions & Pepper Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>The PHS Deli Sandwiches Prepared to Order</p> <p>Complete Meal: \$3.50</p> <p>Featured Deli Item ></p>			<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>Pricing: For a Complete Meal: Paid -\$ 2.75 Reduced -\$0 .40 Free- to those students that qualify</p>	<p>Also Available Daily: Buffalo Chicken Wrap or</p> <p>Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.</p>	<p>WG=Whole Grain</p> <p>Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.</p>			

Plainville High School January 2019 Lunch Menu

January 7 to January 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>The PHS Hot Meal</i></p>	<p>Hamburger or Cheeseburger on a WG Hard Roll Onion Rings Lettuce & Tomato Oven Baked Spiral Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>WG Breaded Chicken Nuggets With Choice of BBQ or Buffalo Dipping Sauces Whole Grain Egg Noodles with Basil Tomato and Cucumber Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Lunch not Served</p> <p>Early Dismissal</p>	<p>Potato Wedges w/ Taco Meat, Broccoli, Cheese, and Sour Cream Whole Grain Dinner Roll Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Whole Grain Rotini & Meatballs With Marinara Sauce Whole Grain Dinner Roll Fresh Made Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>The PHS Pizzeria</p> <p>All Pizzas are made fresh daily.</p> <p>Complete Meal: \$ 3.25</p>	<p><i>Choose From Mozzarella or Pepperoni</i> Today's Specialty Pizza Teriyaki Chicken Fresh Made Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Tomato, Olive, & Red Onion Tomato and Cucumber Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Lunch not Served</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Pesto Chicken Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Spinach & Sausage Fresh Made Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>The PHS Deli Sandwiches Prepared to Order</p> <p>Complete Meal: \$3.50</p> <p>Featured Deli Item ></p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Lunch not Served</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
	<p>Also Available Daily:</p> <p>Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing</p>	<p>WG=Whole Grain</p>			

Plainville High School January 2019 Lunch Menu

January 14 to January 18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The PHS Hot Meal	WG Pizza Sticks w/Marinara Sauce, WG Roll Steamed Broccoli Choice of Fresh Fruit in Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	French Toast Sticks with Syrup Sausage Links Baked Potato Wedges Whole Grain Dinner Roll Choice of Fresh Fruit in Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey Hot Dog on a WG Roll w/Chili, Onions and Sauerkraut Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Exams Lunch is Not Served	Exams Lunch is Not served
The PHS Pizzeria All Pizzas are made fresh daily. Complete Meal: \$ 3.25	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose From Mozzarella or Pepperoni Today's Specialty Pizza Stuffed Crust Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Pizza Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk		
The PHS Deli Sandwiches Prepared to Order Complete Meal: \$3.50 Featured Deli Item >	Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with your Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with your Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with your Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk		
Pricing: For a Complete Meal: Paid -\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain			

January 21 to January 25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The PHS Hot Meal</p>	<p>Martin Luther King Holiday</p> 	<p>Exams Lunch is not Served</p>	<p>Exams Lunch is not Served</p>	<p>French Toast Sticks with Syrup Sausage Links Baked Potato Wedges Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>WG Beef Taco With Choice of Lettuce, Tomato, Cheese, Salsa, and Sour Cream Grilled Onions & Peppers Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The PHS Pizzeria All Pizzas are made fresh daily.</p> <p>Complete Meal: \$ 3.25</p>				<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Eggplant Parm. Fresh Baby Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Turkey Bacon Fresh Made Potato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p>The PHS Deli Sandwiches Prepared to Order Complete Meal: \$3.50</p> <p>Featured Deli Item ></p>				<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments!</p> <p>Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>Pricing: For a Complete Meal: Paid -\$ 2.75 Reduced -\$0 .40 Free to those students that qualify</p>	<p>Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing</p>	<p>WG=Whole Grain</p>			

January 28 to January 31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">The PHS Hot Meal</p>	<p>WG Waffles with Syrup, Choice of Strawberries or Blueberries and Whipped Cream Baked Sweet Potato Wedges Sausage Patties Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>WG Breaded Chicken Tenders Choice of BBQ or Buffalo Dipping Sauces Whole Grain Dinner Roll Oven Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>WG Breaded Mozzarella Sticks w/ Marinara Sauce Whole Grain Dinner Roll Steamed Broccoli and Roasted Red Pepper Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>WG Fajita Chicken with Lettuce, Tomato, Cheese, Salsa, & Sour Cream with Onions & Peppers Southwest Bean Salad Choice of Fresh Fruit or Chilled Fruit & Milk</p>	<p>Whole Grain Penne w/Sausage Whole Grain Dinner Roll Steamed Mixed Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p align="center">The PHS Pizzeria All Pizzas are made fresh daily. Complete Meal: \$ 3.25</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Buffalo Chicken Fresh Grape Tomato with Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Pesto Chicken Fresh Made Mexican Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Sausage & Pepper Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza Stuffed Crust Fresh Made Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>	<p>Choose From Mozzarella or Pepperoni Today's Specialty Pizza French Bread Pizza Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p>
<p align="center">The PHS Deli Sandwiches Prepared to Order Complete Meal: \$3.50 Featured Deli Item ></p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with r Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Deli Sandwiches and Chef Salads Prepared Fresh to Order To Your Specification with Choice of Assorted Vegetable Toppings and Accompaniments! Served with Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>Pricing: For a Complete Meal: Paid -\$ 2.75 Reduced -\$0 .40 Free to those students that qualify</p>	<p>Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing</p>	<p align="center">WG=Whole Grain</p>			