

# Plainville Community Schools

## October 2018

### PRE SCHOOL MENU- Lunch Price \$2.50

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Cheese On WG Flatbread Baked Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">1</p>	Meatball Hero on a WG Bun Fiesta Corn Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">2</p>	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 <p style="text-align: right;">3</p>	Chicken Quesadilla on a WG Tortilla Steamed Carrot Rounds Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">4</p>	Choice of Pizza- Cheese, or BBQ Chicken Sweet Corn Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">5</p>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
 <p style="font-size: 1.2em; font-weight: bold;">Columbus Day!</p>	WG Pasta with Meat Sauce Steamed Seasoned Broccoli Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">9</p>	Grilled Chicken & Cheese on WG Flatbread Oven Baked Tater Tots Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">10</p>	2 -Tacos w/ Meat sauce, Lettuce, Tomato, Cheddar Cheese, & Salsa Fresh Made Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">11</p>	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">12</p>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; 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 <p style="text-align: right;">15</p>	<p style="text-align: center;"><b>Breakfast for Lunch</b></p> Whole Grain French Toast Sticks with Syrup Egg & Cheese Patty Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">16</p>	WG Mozzarella Stuffed Bread Sticks w/Marinara sauce Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">17</p>	Chicken Patty on WG Roll Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">18</p>	Choice of Pizza-Cheese Pepperoni, or Roasted Tomato & Spinach Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">19</p>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; 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 <p style="text-align: right;">22</p>	Teriyaki Chicken Tenders Asian Mixed Vegetables <p style="text-align: center;"><b>Fortune Cookie</b></p> Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">23</p>	WG Chicken Nuggets w/Dipping sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">24</p>	Turkey in Gravy w/ Mashed Potatoes Whole Grain Dinner Roll Cranberry Sauce Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">25</p>	Choice of Pizza-Cheese, Pepperoni, or Ham & Pineapple Fresh Made Chick Pea Salad Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">26</p>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; 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 <p style="text-align: right;">29</p>	Nachos w/Mild Chicken Meat sauce Black Beans Seasonal Fresh Fruit Chilled Fruit Choice of Milk <p style="text-align: right;">30</p>	 <p style="text-align: center;">Zombie</p> Pizza Bites w/Dipping sauce Whole Grain Hobgoblin Noodles	<p style="text-align: center; background-color: yellow;">WG=Whole Grain</p>	
Daily Alternates: <i>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, cheese and WG roll.

Choice of Non-fat chocolate, skim, or 1% milk is available

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