

Plainville Community Schools September 2018

PRE- SCHOOL MENU- Lunch Price \$2.50

Website for online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Welcome Back to Another Fantastic School Year!</p>	<p>Please note that those eligible for Free or Reduced Meals must submit a new application for this year by October 14th! Those that do not will lose free and reduced benefits!</p>			
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick</i>				
<p>Labor Day!</p>	<p>Whole Grain French Toast Sticks with Syrup! Chicken Sausage Patty Oven Baked Tator tots Fruit of the Day 1% Milk</p> <p style="text-align: right;">4</p>	<p>Whole Grain Pasta with Meat Sauce! Steamed Seasoned Broccoli Fruit of the Day 1% Milk</p> <p style="text-align: right;">5</p>	<p>Stir Fry Chicken over Fried Rice! Oriental Vegetables Fortune Cookie Fruit of the Day 1% Milk</p> <p style="text-align: right;">6</p>	<p>Fresh Made Pizza! Choice of Cheese, Pepperoni! Fresh Cut Tomato Wedges & Basil Fruit of the Day 1% Milk</p> <p style="text-align: right;">7</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick</i>				
<p>Grilled Cheese on Whole Grain Flat Bread! Green Leaf Lettuce with Olives, & Mushrooms Fruit of the Day 1% Milk</p> <p style="text-align: right;">10</p>	<p>Whole Grain Breaded Chicken Patty on a Whole Grain Bun! With Lettuce & Tomato Fresh Made Southwest Bean Salad Fruit of the Day 1% Milk</p> <p style="text-align: right;">11</p>	<p>Whole Grain Breaded Mozzarella Sticks with Marinara Sauce! Steamed Romano Vegetables Fruit of the Day 1% Milk</p> <p style="text-align: right;">12</p>	<p>Stuffed Baked Potato! With Taco Meat, Broccoli, Cheddar Cheese, Whole Grain Dinner Roll Fruit of the Day 1% Milk</p> <p style="text-align: right;">13</p>	<p>Fresh Made Pizza! Choice of Cheese, or Pepperoni Fresh Cut Tomato Wedges & Ranch Dressing Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">14</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick</i>				
<p>Hamburger or Cheeseburger on a Whole Grain Bun! Oven Baked Spiral Fries Choice of Fresh Fruit in Fruit of the Day 1% Milk</p> <p style="text-align: right;">17</p>	<p>Whole Grain Breaded Chicken Nuggets! Whole Grain Noodles Fresh Made Three Bean Salad Fruit of the Day 1% Milk</p> <p style="text-align: right;">18</p>	<p>Whole Grain Three Cheese Calzone! With Pizza Sauce Tomato & Cucumber Salad Fruit of the Day 1% Milk</p> <p style="text-align: right;">19</p>	<p>Grilled Chicken Fajita in a Whole Grain Tortilla! With Lettuce, Tomato & Salsa Steamed Fajita Vegetables Fruit of the Day 1% Milk</p> <p style="text-align: right;">20</p>	<p>Stuffed Crust Pizza! Choice of Cheese, or Pepperoni Green Leaf Tossed Garden Salad Fruit of the Day 1% Milk</p> <p style="text-align: right;">21</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick</i>				
<p>Whole Grain Pancakes With Syrup! Sausage Links Sweet Potato Waffle Fries Fruit of the Day 1% Milk</p> <p style="text-align: right;">24</p>	<p>Grilled Southwest Chicken Breast in a Whole Grain Bun! Black Bean & Corn Salad Fruit of the Day 1% Milk</p> <p style="text-align: right;">25</p>	<p>Whole Grain Pasta with Meat Balls! Fresh Cut Cumber with Dill Fruit of the Day 1% Milk</p> <p style="text-align: right;">26</p>	<p>Beef Taco with Lettuce, Tomato, & Salsa in a Whole Grain Tortilla! Fruit of the Day 1% Milk</p> <p style="text-align: right;">27</p>	<p>Fresh Made Pizza! Choice of Cheese, or Pepperoni Fresh Cut Cumber with Dill Fruit of the Day 1% Milk</p> <p style="text-align: right;">28</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick</i>				

Daily Alternates indicates main entrée alternative – All vegetable & fruit components listed on menu are available with Bagel, Yogurt & Cheese Stick entree.

This menu conforms to the new USDA Meal Pattern for Pre-school children ages 3-4

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