



Plainville Community Schools

June 2019

Gluten Free ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Corn Dog Tossed Side salad w. Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">3</p>	Grilled Cheese on GF Roll Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">4</p>	Chicken Breast on GF Bun Crinkle Cut Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">5</p>	Macaroni Bowl- GF Pasta w Tomato /Meat sauce & Cheese Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">6</p>	Fresh Made GF Pizza Choice of Cheese, Pepperoni, Fresh 3 Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">7</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
Non Breaded Mozzarella Sticks w/GF Roll Marinara Sauce Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">10</p>	GF French Toast Choice of Strawberries or Blueberries Sausage Links Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">11</p>	Chicken Nuggets w/ GF Roll Steamed Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">12</p>	GF Soft Tacos w/Meat sauce, Cheese and Salsa Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">13</p>	Fresh Made GF Pizza Choice of Cheese, Pepperoni Fresh Cut Red and Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">14</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
GF Rotini & Meat sauce w/ Marinara Sauce Tossed Side Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">17</p>	Breakfast Served Only <p style="text-align: right;">18</p>	Summer Vacation Begins! <p style="text-align: right;">19</p>	 <p style="text-align: right;">20</p>	<p style="text-align: right;">21</p>
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
<p>The Healthy Hunger-Free Kids Act of 2010 requires all School Food Authorities (SFAs) to inform families about the availability and location of free meals for students over the summer months through the Summer Food Service Program. This is required even if the SFA is not participating in the Summer Meals Program. Families can use any of the following methods to locate sites that serve free meals to children during the summer: Call 211 or call 1.866.3Hungry or 1.877.8Hambre</p> <p>Text “FOOD” to 877-877 during the summer months for English or Text “COMIDA” to 877-877 during the summer months for Spanish. https://www.endhungerct.org/summer-meals/</p>				
24	25	26	27	28
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
GF=Gluten Free				
Daily Alternates: <i>Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
<p>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, shredded cheese and WG roll. Choice of Non-fat chocolate, skim, or 1% milk is available Michael Koch, Food Service Director - 860-793-3234 kochm@plainvilleschools.org WG=Whole Grain</p>				