



Plainville Community Schools

June 2019

PRE-SCHOOL LUNCH MENU- Lunch Price \$2.50

Online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Lasagna Roll Up w/Marinara sauce, Cheese topping Tossed Side salad w/ Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 3	Grilled Cheese on WG Flatbread Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 4	Whole Grain Breaded Crispy Chicken Patty on a WG Bun Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 5	Macaroni Bowl-(WG Pasta w Tomato /Meat sauce & Cheese Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 6	Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh 3 Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 7
Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese				
Whole Grain Breaded Mozzarella Sticks Marinara Sauce Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 10	WG French Toast w/ Syrup, & Choice of Strawberries or Blueberries Sausage Links Sweet Potato Waffle Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 11	BBQ Baked Chicken Breast on WG Roll Steamed Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 12	WG Twin Cisy Tacos w/Meat sauce, Cheese and Salsa Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 13	Stuffed Crust Pizza Choice of Cheese, or Pepperoni Fresh Celery Strips w/Ranch Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 14
Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
WG Rotini & Meatballs and Marinara Sauce Tossed Side Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 17	Breakfast Served Only! (Except Wheeler) 18	Summer Vacation Begins! 19	 20	21
Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
<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: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
WG=Whole Grain				
Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				

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