

Plainville Community Schools

March 2019

GLUTEN FREE ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: www.myschoolbucks.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<div style="background-color: yellow; padding: 5px; border: 1px solid black;"> Note: GF = Gluten Free </div>				GF Pizza Choice of Cheese, or Pepperoni, Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">1</div>
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
Hamburger/Cheeseburger on a GF Bun BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">4</div>	Beefy GF Macaroni Bowl w/Shred Mozzarella and GF Garlic Bread Slice Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	No Breading- Chicken Nuggets GF Roll Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">6</div>	BBQ Chicken Breast on GF Roll Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">7</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">8</div>
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
GF Rotini & Beef Meat sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">11</div>	Chicken Snack Wrap Chicken Breast Strips, Lettuce & Tomato, Cheese and Light Ranch Dressing in GF Roll Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">12</div>	GF Cheese or Pepperoni Pizza Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <div style="text-align: right;">13</div>	Twin Tacos w//Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">14</div>	Schools Are Closed <div style="text-align: right;">15</div>
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Teriyaki Chicken Breast on GF Roll Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">18</div>	Hot Meatball Grinder w/GF Roll, Mozzarella Cheese Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">19</div>	Nachos w/Beef Sauce & Shred Cheese, Salsa Steamed Black Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">20</div>	GF Chicken Nuggets w/GF Roll Oriental Mixed Vegetables Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">21</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">22</div>
<i>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Grilled Cheese on GF Bread Steamed Con Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">25</div>	GF Chicken Tenders Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">26</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Broccoli and Roasted Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">27</div>	Grilled Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers GF Bread Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">28</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">29</div>
<i>Daily Alternates: 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</p> <p style="text-align: right;">Michael Koch, Food Service Director - 860-793-3234 kochm@plainvilleschools.org</p>				