



Plainville Community Schools May 2019

ELEMENTARY GLUTEN FREE LUNCH MENU- Price \$2.50

Online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF=Gluten Free		Hot Dog on GF Roll w/ Mild Chili Beans Topping Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 1	Roasted Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers GF Taco Shell Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 2	GF Fresh Made Pizza Choice of Cheese, Pepperoni, Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 3
<i>Daily Alternates Tossed Salad w/cheese</i>				
Grilled Cheese on GF Bread Roasted Parmesan Cauliflower Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 6	GF Corn Dog, Dipping Sauce Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 7	Chicken Parmesan on GF Bread BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 8	Beefy GF Macaroni Bowl w/Shred Mozzarella Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 9	GF Fresh Made Pizza Choice of Cheese, or Pepperoni Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 10
<i>Daily Alternates: Tossed salad w/cheese</i>				
GF Rotini in Meat sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 13	Chicken w/Soy Sauce on Seasoned Brown Rice Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 14	Mozzarella Cheese Stick w/ Marinara, and GF Bread Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 15	GF Taco Shell w//Meat Sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 16	GF Fresh Made Pizza Choice of Cheese, or Buffalo Chicken Fresh Cucumber Spears w/Ranch Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 17
<i>Daily Alternates: Tossed salad w/cheese</i>				
GF French Toast sticks w/Syrup Sausage Patty Potato Wedges Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 20	GF Chicken Breast on GF Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 21	Meatball Grinder on GF Bread Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 22	GF Chicken Nuggets w/GF Bread Seasoned Rice Oriental Mixed Vegetables. Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 23	GF Pizza Choice of Cheese or BBQ Chicken Fresh Broccoli Florets Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 24
<i>Daily Alternates: Tossed salad w/cheese</i>				
Memorial Day Holiday  27	GF Chicken Nuggets Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 28	Hamburger or Cheeseburger on GF Bread w/Lettuce & Tomato Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 29	GF Twin Tacos w//Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 30	GF Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh Tossed Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 31
<i>Daily Alternates: Tossed salad w/cheese</i>				

Daily Alternates indicates main entrée alternative – Salad w/mixed greens tomato wedge, cucumber slices, shredded cheese and GF roll..
Choice of Non-fat chocolate, skim, or 1% milk is available

To contact Food Services - 860-793-3234, Michael Koch Food Service Director, or kochm@plainvilleschools.org
Note-Menu subject to change