

Plainville Community Schools September 2019

ELEMENTARY SCHOOL LUNCH MENU- Price \$2.55

Online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Nuggets w/Dipping sauce, WG Roll Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 3	Hot Dog w/WG Roll. Mild Chili Topping Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 4	Grilled Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers WG Tortilla Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup 1 Choice of Milk 6	WG Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 6
Daily Alternates: WG Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese				
Grilled Cheese on WG Flatbread Roasted Parmesan Cauliflower Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 9	Corn Dog Nuggets w/ Dipping Sauce Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 10	Chicken Parmesan on WG Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 11	Beefy WG Macaroni Bowl w/Shred Mozzarella and WG Garlic Bread Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 12	WG Stuffed Crust Pizza Choice of Cheese or BBQ Chicken Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 13
Daily Alternates: WG Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
WG Rotini & Meat sauce, WG Roll Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 16	Chicken Teriyaki on Seasoned Brown Rice Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 17	WG Breaded Mozzarella Sticks with Marinara Sauce Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 18	WG Nacho Chips w//Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 19	WG Fresh Made Pizza Choice of Cheese, or Buffalo Chicken Fresh Cucumber Spears w/Ranch Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 20
Daily Alternates: WG Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
WG French Toast sticks w/Syrup Sausage Patty Potato Wedges Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 23	WG Chicken Patty on WG Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 24	Hot Meatball Grinder w/Mozzarella Cheese Topping on WG Roll Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 25	WG Popcorn Chicken w/Orange Sauce. Seasoned Rice Oriental Mixed Vegetables. Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk Fortune Cookie 26	WG Stuffed Crust Pizza Choice of Cheese or BBQ Chicken Fresh Broccoli Florets Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 27
Daily Alternates: WG Bagel, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
Baked Macaroni and Cheese w/WG Roll Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk 30	WG Breaded Chicken Tenders, WG Roll Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk October 1	Hamburger or Cheeseburger on WG Roll w/Lettuce & Tomato Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk October 2	Twin Tacos w/Meat sauce Lettuce, Tomato, Cheese, & Salsa Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk October 3	WG Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh Tossed Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk October 4
Daily Alternates: WG 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. **WG=Whole Grain**
 Salad w/mixed greens tomato wedge, cucumber slices, shredded cheese and WG rolls.
 Choice of Non-fat chocolate, skim, or 1% milk is available Note – menu subject to change!
 To contact Food Services - 860-793-3234, or kochm@plainvilleschools.org, Michael Koch Food Service Director