


Plainville Community Schools

September 2019

ELEMENTARY GLUTEN FREE (GF=Gluten Free)

SCHOOL LUNCH MENU- Price 2.55

Online payments: www.myschoolbucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	GF Chicken Nuggets w/Dipping sauce, WG Roll Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">3</p>	Hot Dog on GF Roll w/ Mild Chili Beans Topping Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">4</p>	Grilled Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers WG Tortilla Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">5</p>	GF Fresh Made Pizza Choice of Cheese, Pepperoni Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">6</p>
Daily Alternates: , Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese				
Grilled Cheese on GF Bread Roasted Parmesan Cauliflower Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">9</p>	Corn Dog Nuggets w/ Dipping Sauce Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">10</p>	Chicken Breast Parmesan on GF Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">11</p>	Beefy GF Macaroni Bowl w/Shred Mozzarella and GF Garlic Bread Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">12</p>	GF Fresh Made Pizza Choice of Cheese, Pepperoni BBQ Chicken Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">13</p>
Daily Alternates:, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
GF Rotini & Meat sauce, GF Roll Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">16</p>	Chicken Teriyaki on Seasoned Brown Rice Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">17</p>	GF Mozzarella Sticks With Marinara Sauce Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <p style="text-align: right;">18</p>	Nacho Chips w/Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">19</p>	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 <p style="text-align: right;">20</p>
Daily Alternates:, Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
GF French Toast sticks w/Syrup Sausage Patty Potato Wedges Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">23</p>	GF Chicken Breast on WG Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">24</p>	GF Meatball Grinder w/Mozzarella Cheese Topping on GF Roll Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">25</p>	GF Chicken Nuggets Seasoned Rice Oriental Mixed Vegetables. Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk Fortune Cookie <p style="text-align: right;">26</p>	GF Fresh Made Pizza Choice of Cheese, or BBQ Chicken Fresh Broccoli Florets Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">27</p>
Daily Alternates: Yogurt, & Cheese Stick or Peanut Butter & Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese				
Hot Dog on GF Roll Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">30</p>	GF Chicken Nuggets w/GF Roll Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">October 1</p>	Hamburger or Cheeseburger on GF Roll w/Lettuce & Tomato Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">October 2</p>	Twin Tacos w/Meat sauce Lettuce, Tomato, Cheese, & Salsa Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">October 3</p>	GF Fresh Made Pizza Choice of Cheese, Pepperoni, Fresh Tossed Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <p style="text-align: right;">October 4</p>
Daily Alternates: 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 Peanut Butter Entree. Yogurt includes a cheese stick, GF Roll

Salad w/mixed greens tomato wedge, cucumber slices, shredded cheese and GF roll.

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