

# Plainville Community Schools September 2019

## ELEMENTARY PRE-SCHOOL LUNCH MENU- Price \$2.55

Online payments: [www.myschoolbucks.com](http://www.myschoolbucks.com)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	Chicken Nuggets w/Dipping sauce, WG Roll Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">3</p>	Cheese Sticks w/Marinara sauce Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup 1% White 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 1% White Milk <p style="text-align: right;">5</p>	WG Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">6</p>
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 1% White Milk <p style="text-align: right;">9</p>	Corn Dog Nuggets w/ Dipping Sauce Baked French Fries Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">10</p>	Chicken Parmesan on WG Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">11</p>	Beefy WG Macaroni Bowl w/Shred Mozzarella and WG Garlic Bread Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">12</p>	WG Stuffed Crust Pizza Choice of Cheese or BBQ Chicken Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">13</p>
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 1% White Milk <p style="text-align: right;">16</p>	Chicken Teriyaki on Seasoned Brown Rice Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">17</p>	WG Breaded Mozzarella Sticks with Marinara Sauce Baked French Fries Choice of Fresh Fruit in Season or Chilled Fruit 1% White Milk <p style="text-align: right;">18</p>	WG Nacho Chips w/Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">19</p>	WG Fresh Made Pizza Choice of Cheese, or Buffalo Chicken Fresh Cucumber Spears w/Ranch Dressing Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">20</p>
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 1% White Milk <p style="text-align: right;">23</p>	WG Chicken Patty on WG Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">24</p>	Hot Meatball Grinder w/Mozzarella Cheese Topping on WG Roll Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">25</p>	WG Popcorn Chicken w/Orange Sauce. Seasoned Rice Oriental Mixed Vegetables. Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk Fortune Cookie <p style="text-align: right;">26</p>	WG Stuffed Crust Pizza Choice of Cheese or BBQ Chicken Fresh Broccoli Florets Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">27</p>
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 1% White Milk <p style="text-align: right;">30</p>	WG Breaded Chicken Tenders, WG Roll Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">October 1</p>	Hamburger or Cheeseburger on WG Roll w/Lettuce & Tomato Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup 1% White 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 1% White Milk <p style="text-align: right;">October 3</p>	WG Fresh Made Pizza Choice of Cheese, Pepperoni, OR Meatball Fresh Tossed Salad Seasonal Fresh Fruit Chilled Fruit Cup 1% White Milk <p style="text-align: right;">October 4</p>
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](mailto:kochm@plainvilleschools.org), Michael Koch Food Service Director