

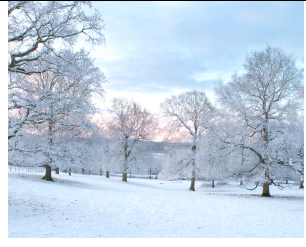

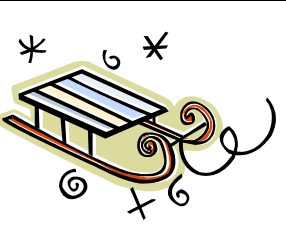

Plainville Community Schools

February 2012

ELEMENTARY SCHOOL MENU- Lunch \$2.25

BREAKFAST MENU ON REVERSE SIDE!

Please See the Plainville School Website for More Information on School Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Belgium Waffles! Waffle Sticks with Syrup, Strawberries, & Whipped Cream Turkey Sausage Links Potato Rounds Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 30	Mexican Taco Stick! Beef Taco Meat, Pico De Gallo Sauce, Reduced Fat Cheese, Wrapped in a Crispy Crust Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 31	Meatball Grinder! Fresh Cut Green Pepper Strips & Carrot Slices Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Brownie Dessert Treat! 1	Honey Mustard Chicken Finger Snack Wrap! Breaded Chicken Fingers with Honey Mustard Dressing & Lettuce & Tomato Wrapped in a Flour Tortilla Baked Smile Fries Fresh or Chilled Fruit Choice of Milk 2	Freshly Baked Pizza Slice! Choice of Broccoli & Garlic, Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 3
Daily Alternates: Tuna & Cheddar Chef Salad Bagel, Yogurt, & Fruit Lunch PB & Jelly Sandwich with Cheese Snack				
French Toast Sticks! With Syrup Turkey Sausage Links Baked Tater Tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 6	Stuffed Baked Potato! With Taco Meat, Broccoli, Cheese, Sour Cream, & Bacon Bits! Whole Wheat Bread Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 7	Macaroni & Cheese! Seasoned Broccoli Whole Wheat Bread Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Pudding Dessert Treat! 8	Baked Chicken Patty on a Wheat Bun! Served With Baked Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 9	Stuffed Crust Pizza! Choice of Cheese or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 10
Daily Alternates: Popcorn Chicken Chef Salad Bagel, Yogurt, & Fruit Lunch PB & Fluff Sandwich with Cheese Snack				
Grilled Cheese with Chicken Noodle Soup! Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 13	Valentines Special! Chicken Nuggets! Buttered Noodles Steamed Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Valentine Cookie! 14	Pasta with Meat Sauce! Whole Wheat Bread Stick Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Cake Dessert Treat! 15	Roasted Turkey with Mashed Potato & Gravy! Cranberry Sauce Whole Wheat Bread Mixed Garden Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 16	French Bread Pizza! Choice of Cheese, Pepperoni, or Vegetable! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 17
Daily Alternates: Egg & Cheese Chef Salad Bagel, Yogurt, & Fruit Lunch PB & Jelly Sandwich with Cheese Snack				
Winter Vacation!				
Foot Long Hot Dog on a Whole Wheat Bun! Baked Crinkle Cut Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 27	Chicken Fajita Wrap! Grilled Fajita Chicken Nestled in a Flour Tortilla With Shredded Cheddar Cheese & Salsa Mexican Corn Chocolate Chip Cookie! 28	Breaded Mozzarella Sticks! With Marinara Sauce Garlic Bread Stick Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 29	Oriental Chicken! Breaded Popcorn Chicken in a Chinese Orange Sauce Served Over Rice with Oriental Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Fortune Cookie! 1	Freshly Baked Pizza Slice! Choice of Pineapple, Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 2

Daily Alternates: Honey Mustard Chicken Chef Salad Bagel, Yogurt, & Fruit Lunch PB & Fluff Sandwich with Cheese Snack
For in Class Ordering: Main Entrée=Choice 1 Chef Salad =Choice 2 Bagel & Yogurt=Choice 3 Peanut Butter =Choice 4

Daily Alternates indicates main entrée alternative – All vegetable & fruit components listed on menu are available with choice 3 and 4. Yogurt meal also includes a cheese stick. Chef Salad meal includes wheat bread, fruit, and choice of milk. A fruit juice may be substituted for fruit at any meal. Low-fat chocolate, skim, 1% or 2% milk is available with each lunch. Do you have a great idea for a meal you would like to see on the menu? E-mail us at bondij@plainvilleschools.org with your idea. If we use your idea as a menu item you receive certificates for five free meals or free snacks. Please include your name, school, and teacher's name in your submission. Call or e-mail us with questions or comments, Jim Bondi, Food Service Director at 793-3234.