

# Plainville Community Schools

## March 2010

### ELEMENTARY SCHOOL MENU

**PLEASE SEE THE BACK OF MENU FOR IMPORTANT INFO!**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Grilled Teriyaki Chicken Nuggets!</b> Whole Wheat Bread Mashed Potato & Gravy Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 1	<b>Dr. Seuss' Birthday!</b> Hilda Hen Hamburger or Chuggs Cheeseburger on a Wasket Wheat Bun Preep Potato Wedges Futzenfall Fresh Fruit Or Cubbins Chilled Fruit Choice of Mayzie Bird Milk 2	<b>Macaroni &amp; Cheese!</b> Seasoned Broccoli Whole Wheat Bread Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Jell-O Dessert Treat!</b> 3	<b>Chili &amp; Nachos!</b> Mild Chili served with Tortilla Chips Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Chocolate Chip Cookie!</b> 4	<b>Stuffed Crust Pizza!</b> Choice of Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 5
<b>Daily Alternates: Turkey &amp; Cheese Chef Salad Bagel, Yogurt, &amp; Cheese Lunch Peanut Butter &amp; Jelly Sandwich with Cheese</b>				
<b>Meatball Grinder!</b> Italian Mixed Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 8	<b>Honey Mustard Chicken Finger Snack Wrap!</b> Breaded Chicken Fingers with Honey Mustard Dressing & Lettuce & Tomato Wrapped in a Flour Tortilla Baked Smile Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 9	<b>Breaded Mozzarella Sticks!</b> With Marinara Sauce Whole Wheat Bread Steamed Peas & Carrot Rounds Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 10	<b>Steak &amp; Cheese Sandwich on a Wheat Roll!</b> Baked Potato Wedges Tossed Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Brownie Dessert Treat!</b> 11	<b>Freshly Baked Pizza Slice!</b> Choice of Steak & Cheese, Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 12
<b>Daily Alternates: Tuna &amp; Cheddar Chef Salad Bagel, Yogurt, &amp; Cheese Lunch Peanut Butter &amp; Fluff Sandwich with Cheese</b>				
<b>Pancakes with Syrup and Strawberries!</b> Lite Sausage Links Baked Tator Tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 15	<b>Hot Ham &amp; Cheese Sandwich On a Honey Wheat Bagel!</b> Vegetarian Baked Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Cake Dessert Treat!</b> 16	<b>St. Patrick Day Special! Chicken Nuggets!</b> Mashed Potato & Gravy Wheat Bread Cukes & Green Pepper Strips with Lite Dip Fresh or Chilled Fruit Choice of Milk <b>St. Patty Cookie!</b> 17	<b>French Bread Pizza! Choice of Vegetable, Cheese, or Pepperoni!</b> Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 18	<b>Professional Development Day!</b>
<b>Daily Alternates: Popcorn Chicken Chef Salad Bagel, Yogurt, &amp; Cheese Lunch Peanut Butter &amp; Jelly Sandwich with Cheese</b>				
<b>Foot Long Hot Dog on a Wheat Bun!</b> Baked Crinkle Cut Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 22	<b>New Entrée! Fajita Chicken Quesadilla!</b> Grilled Fajita Chicken With Cheddar and Mozzarella Cheese in a Toasted Flour Tortilla With Salsa Tossed Garden Salad Fresh or Chilled fruit Choice of Milk <b>Cookie Dessert Treat!</b> 23	<b>Pasta with Meat Sauce!</b> Whole Wheat Bread Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Jell-O Dessert Treat!</b> 24	<b>Taco Nachos!</b> Taco Meat Over Nacho Chips With Lettuce, Tomato, Cheese, and Salsa Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 25	<b>Freshly Baked Pizza Slice!</b> Choice of Broccoli & Tomato Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 26
<b>Daily Alternates: BBQ Beef Chef Salad Bagel, Yogurt, &amp; Cheese Lunch Peanut Butter &amp; Fluff Sandwich with Cheese Snack</b>				
<b>Baked Chicken Patty on a Wheat Bun!</b> Baked Beans Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 29	<b>French Toast Sticks!</b> With Syrup Lite Sausage Links Baked Tator Tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 30	<b>Cheeseburger or Hamburger on a Wheat Bun!</b> Baked Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <b>Pudding Dessert Treat!</b> 31	<b>Stuffed Crust Pizza! Choice of Cheese, or Pepperoni!</b> Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 1	<b>Good Friday!</b>
<b>Daily Alternates: Egg &amp; Cheese Chef Salad Bagel, Yogurt, &amp; Cheese Lunch Peanut Butter &amp; Jelly Sandwich with Cheese Snack</b>				

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 Bagel & Yogurt Meal and Peanut Butter Sandwich Meal. 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, whole or 1% 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](mailto: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.