

Plainville Community Schools September 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>
<p>Lunch Price: Elementary- \$2.25 Weekly Price \$11.25 <u>Please note that each person must reapply each year for free or reduced meals!</u></p>	<p>Paying for your child's school lunch is as easy as surfing the web!</p>  <p>Please see the back of the menu for information!</p>	<p>Welcome Back! Breaded Mozzarella Sticks! With Marinara Sauce Garlic Bread Stick Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 1</p>	<p>Chicken Nuggets! Buttered Noodles Cucumber Slices & Grape Tomato with Lite Dip Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 2</p>	<p>Freshly Baked Pizza Slice! Choice of Crispy Chicken, Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 3</p>
Daily Alternates: Veggie & Egg Chef Salad Bagel, Yogurt, & Fruit Lunch Peanut Butter & Jelly Sandwich With Cheese Snack				
<p>Labor Day!</p>	<p>Foot Long Hot Dog on a Wheat Bun! Baked Crinkle Cut Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 7</p>	<p>Pasta with Meat Sauce! Whole Wheat Bread Italian Green Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Cake Dessert Treat! 8</p>	<p>New Entrée! Scrambled Eggs With Sausage in a Wheat Hot Dog Roll! Oven Baked Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Chocolate Chip Cookie! 9</p>	<p>Stuffed Crust Pizza! Choice of Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 10</p>
Daily Alternates: Popcorn Chicken Chef Salad Bagel, Yogurt, & Fruit Lunch Peanut Butter & Fluff Sandwich with Cheese Snack				
<p>Baked Chicken Patty on a Wheat Bun! Vegetarian Baked Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 13</p>	<p>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 14</p>	<p>Macaroni & Cheese! Seasoned Broccoli Whole Wheat Bread Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Brownie Dessert Treat! 15</p>	<p>Cheeseburger or Hamburger on a Wheat Bun! Oven Baked Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Jell-O Dessert Treat! 16</p>	<p>Freshly Baked Pizza Slice! Choice of Sloppy Joe, Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 17</p>
Daily Alternates: Tuna & Bacon Chef Salad Bagel, Yogurt, & Fruit Lunch Peanut Butter & Jelly Sandwich with Cheese Snack				
<p>French Toast Sticks! With Syrup Lite Sausage Links Baked Tater Tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 20</p>	<p>New Entree! BBQ Chicken Wrap & Roll! Fajita Chicken with BBQ Sauce Rolled in a Flour Tortilla! Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 21</p>	<p>Meatball Grinder! Fresh Cut Green Pepper Strips & Carrot Slices Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk Pudding Dessert Treat! 22</p>	<p>Roast Turkey with Mashed Potato & Gravy! Peas & Carrots Wheat Bread Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 23</p>	<p>Freshly Baked Pizza Slice! Choice of Meatball, Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 24</p>
Daily Alternates: Ham & Cheese Chef Salad Bagel, Yogurt, & Fruit Lunch Peanut Butter & Fluff Sandwich with Cheese Snack				
<p>Grilled Cheese with Chicken Noodle Soup! Oven Baked Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 27</p>	<p>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 28</p>	<p>Breaded Mozzarella Sticks! With Marinara Sauce Wheat Bread Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 29</p>	<p>Belgium Waffles! Waffle Sticks with Syrup, Strawberries, & Whipped Cream Baked Ham Slice Potato Rounds Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 30</p>	<p>Stuffed Crust Pizza! Choice of Cheese, or Pepperoni! Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 1</p>
Daily Alternates: Turkey & Cranberry Chef Salad Bagel, Yogurt, & Fruit Lunch Peanut Butter & Jelly 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.