

# Plainville Community Schools

## March 2017

### ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Website for online payments: [www.myschoolbucks.com](http://www.myschoolbucks.com)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Hamburger or Cheeseburger on a Whole Grain Bun with Onion Ring Garnish!</b> Baked Eggplant Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 27	<b>Whole Grain Pancakes with Strawberries &amp; Syrup!</b> Chicken Sausage Patty Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 28	<b>Three Cheese Calzone with Pizza Sauce!</b> Green Leaf Lettuce with Olives, Mushroom, & Red Onion Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 1	<b>Grilled Chicken Fajita in a Whole Grain Tortilla!</b> With Lettuce, Tomato, Salsa, & Cheese Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 2	<b>Stuffed Crust Pizza! Choice of Cheese, or Pepperoni!</b> Fresh Made Mexican Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 3
<b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Choice of Jelly or Fluff with Cheese Snack</b>				
<b>Ham, Egg, &amp; Cheese on a Whole Grain Bun!</b> Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 6	<b>Oven Baked Whole Grain Breaded Chicken Patty on a Whole Grain Bun!</b> Steamed Carrot Rounds with Rosemary Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 7	<b>Whole Grain Pasta with Meat Sauce!</b> Steamed Broccoli and Roasted Red Pepper Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 8	<b>Baked Stuffed Potato!</b> With Taco Meat, Broccoli, and Cheddar Cheese Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 9	<b>Fresh Made Pizza!</b> Choice of Cheese, Pepperoni, or White Broccoli & Garlic Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 10
<b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Choice of Jelly or Fluff with Cheese Snack</b>				
<b>Turkey Hot Dog on a Whole Grain Bun!</b> Vegetarian Baked Beans Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 13	<b>Stir Fry Chicken &amp; Pineapple Over Fried Rice!</b> Chinese Vegetables Fortune Cookie Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 14	<b>Meatball Grinder on a Whole Grain Grinder Roll!</b> Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 15	<b>Stuffed Crust Pizza! Choice of Cheese, or Pepperoni!</b> Fresh Made Corn & Pea Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 16	<b>Professional Development Day!</b>
<b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</b>				
<b>Grilled Non -Breaded Chicken Strips</b> Mashed Potato Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 20	<b>Swedish Meatballs over Whole Grain Noodles!</b> Steamed Catalina Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 21	<b>Whole Grain Breaded Mozzarella Sticks!</b> Marinara Sauce Steamed Spinach and Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 22	<b>Sloppy Joe on a Whole Grain Bun!</b> Baked Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 23	<b>Fresh Made Pizza!</b> Choice of Cheese, Pepperoni, or Roasted Pepper Fresh Made Black Bean & Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 24
<b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</b>				
<b>Whole Grain French Toast Sticks With Syrup!</b> Chicken Sausage Patty Baked Sweet Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 27	<b>Chicken Parmesan on a Whole Grain Bun!</b> Fresh Made Chick Pea Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 28	<b>Whole Grain Baked Stuffed Shells!</b> Whole Grain Dinner Roll Marinara Sauce Cucumber & Tomato Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 29	<b>Beef Taco Boat! With Lettuce, Tomato, Cheese, and Salsa!</b> Mexican Corn Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 30	<b>Fresh Made Pizza!</b> Choice of Cheese, Pepperoni, or Tomato, Olives, & Red Onion Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk 31
<b>Daily Alternates: Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</b>				
<b>For in Class Ordering: Main Entrée=Choice 1 Bagel &amp; Yogurt=Choice 2 Peanut Butter =Choice 3</b>				

**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.

Non-fat chocolate, skim, or 1% milk is available with each lunch.

Call or e-mail us with questions or comments, Jim Bondi, Food Service Director at 793-3234 [bondij@plainvilleschools.org](mailto:bondij@plainvilleschools.org)