

Plainville Community Schools September 2017

ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Website for online payments: www.myschoolbucks.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Welcome Back to Another Fantastic School Year!</p>	<p>Please note that those eligible for Free or Reduced Meals must submit a new application for this year by October 14th! Those that do not will lose free and reduced benefits!</p>		<p>Whole Grain Breaded Chicken Tenders! Whole Grain Dinner Roll Crispy Seasoned Potato Wedges Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">31</p>	<p>Stuffed Crust Pizza! Choice of Cheese, Pepperoni, or Red & Green Pepper! Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">1</p>
<p>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter Sandwich with Choice of Jelly or Fluff with Cheese Snack</p>				
<p>Labor Day!</p>	<p>Whole Grain French Toast Sticks with Syrup! Chicken Sausage Patty Oven Baked Tator tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">5</p>	<p>Whole Grain Pasta with Meat Sauce! Steamed Seasoned Broccoli Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">6</p>	<p>Stir Fry Chicken over Fried Rice! Oriental Vegetables Fortune Cookie Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">7</p>	<p>Fresh Made Pizza! Choice of Cheese, Pepperoni, or Teriyaki Chicken & Pineapple! Fresh Grape Tomato & Basil Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">8</p>
<p>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter Sandwich with Choice of Jelly or Fluff with Cheese Snack</p>				
<p>Grilled Cheese on Whole Grain Flat Bread! Green Leaf Lettuce with Olives, & Mushrooms Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">11</p>	<p>Whole Grain Breaded Chicken Patty on a Whole Grain Bun! With Lettuce & Tomato Fresh Made Southwest Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">12</p>	<p>Whole Grain Breaded Mozzarella Sticks with Marinara Sauce! Steamed Romano Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">13</p>	<p>Stuffed Baked Potato! With Taco Meat, Broccoli, Cheddar Cheese, & Sour Cream Whole Grain Dinner Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">14</p>	<p>Fresh Made Pizza! Choice of Cheese, Pepperoni, or White Broccoli! Fresh Cut Carrots with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">15</p>
<p>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</p>				
<p>Hamburger or Cheeseburger on a Whole Grain Bun with Onion Ring Garnish! Oven Baked Spiral Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">18</p>	<p>Whole Grain Breaded Chicken Nuggets! Whole Grain Noodles Fresh Made Three Bean Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">19</p>	<p>Whole Grain Three Cheese Calzone! With Pizza Sauce Tomato & Cucumber Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">20</p>	<p>Grilled Chicken Fajita in a Whole Grain Tortilla! With Lettuce, Tomato & Salsa Steamed Fajita Vegetables Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">21</p>	<p>Stuffed Crust Pizza! Choice of Cheese, Pepperoni, or Meatball! Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">22</p>
<p>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</p>				
<p>Whole Grain Pancakes With Syrup! Sausage Links Sweet Potato Waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">25</p>	<p>Grilled Southwest Chicken Breast in a Whole Grain Bun! Lettuce & Tomato Black Bean & Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">26</p>	<p>Whole Grain Pasta with Meat Balls! Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">27</p>	<p>Beef Taco with Lettuce, Tomato, & Salsa in a Whole Grain Tortilla! Fresh Made Mexican Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">28</p>	<p>Fresh Made Pizza! Choice of Cheese, Pepperoni, or Tomato & Olive! Fresh Cut Cucumber with Dill Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk</p> <p style="text-align: right;">29</p>
<p>Daily Alternates: Bagel, Yogurt, & Cheese Stick or Peanut Butter Sandwich with Side of Jelly or Fluff with Cheese Snack</p>				

Daily Alternates indicates main entrée alternative – All vegetable & fruit components listed on menu are available with Bagel and Peanut Butter Entree. Bagel & 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