

# Plainville Community Schools September 2017

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

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

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

*Daily Alternates* indicates main entrée alternative – All vegetable & fruit components listed on menu are available with Bagel, Yogurt & Cheese Stick entree.

This menu conforms to the new USDA Meal Pattern for Pre-school children ages 3-4

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