

# 2016-2017 PLAIN LOCAL ELEMENTARY MENU



## BREAKFAST MENU

All grain items served are 100% whole grain rich. Each building also offers a daily choice of a whole grain cereal bowl. One cup of fruit is offered daily and is required as part of a complete breakfast. Daily fruit offerings include choices of fresh fruit and raisins. Fruit juice is only available 2x per week

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	• Egg & Cheese Hot Breakfast Sandwich	• Stuffed Mini Bagels	• Mini Cinnamon Rolls	• Breakfast Pizza	• Berry Bread
WEEK 2	• Pop-Tart®	• Warm Cinnamon Roll	• Choice of Breakfast Bars	• Pancake on a Stick	• Mini O's

## LUNCH A LA CARTE SELECTIONS

BOTTLED WATER.....	\$0.50
1% WHITE MILK OR FAT FREE CHOCOLATE MILK .....	\$0.50
FRESH FRUIT .....	\$0.75
ASSORTED HEALTHY SNACKS .....	\$.25-\$0.75

## MEAL PRICING

BREAKFAST .....	\$1.25
REDUCED PRICE BREAKFAST.....	NO CHARGE
FREE BREAKFAST .....	NO CHARGE
LUNCH .....	\$2.25
REDUCED PRICE LUNCH.....	\$0.40
FREE LUNCH.....	NO CHARGE
ADULT LUNCH, INCLUDES BOTTLED.... WATER OR MILK.....	\$3.25

\*TO APPLY FOR MEAL BENEFITS, VISIT OUR WEBSITE AT  
[WWW.PLSHEALTHYMEALS.ORG](http://WWW.PLSHEALTHYMEALS.ORG)

## LUNCH MENU

A school lunch is made up of a minimum of 3, not more than 5, meal components. Those components are defined as 1 fruit serving, 1 vegetable serving, 1 milk serving, 1 grain serving and 1 serving of protein. Fresh chef salads are available daily and are a main choice for a complete meal. All fresh apples purchased for the school cafeteria are locally grown and purchased year around from Arrowhead Orchards!

## LUNCH MEAL CALENDAR

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan

<b>August '16</b> S M T W T F S 1 2 3 4 5 6 8 9 10 11 12 13 15 16 17 18 19 20 22 23 24 25 26 27 29 30 31	<b>September '16</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
<b>October '16</b> S M T W T F S 1 8 2 3 4 5 6 7 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>November '16</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
<b>December '16</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>January '17</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
<b>February '17</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	<b>March '16</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
<b>April '16</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>May '17</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
<b>June '17</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	• Eggo® bites & sausage • Crispy chicken nuggets & sauce • Oven baked French fries • Chilled mandarin oranges • Seasonal fresh fruit	• Chicken Alfredo • Italian Calzone • Steamed Broccoli • Cinnamon Applesauce Cup • Seasonal Fresh Fruit	• Pepperoni or Cheese Pizza Slice • WG Hot Pretzel & Cheese Cup • Celery & Sunbutter Cup • Chilled Mixed Fruit • Seasonal Fresh Fruit	• Cheesy Breadsticks & Marinara • Cheeseburger on Bun • Bold Baked Beans • 100% Fruit Slushy • Seasonal Fresh Fruit	• Cherry Blossom Chicken & Rice • Toasted Cheese Sandwich • Fresh Carrots & Dip • Chilled Pear Cup • Seasonal Fresh Fruit • WG Cookie
WEEK 2	• Beefy Nachos & Cheese • Mini Corn Dogs Nuggets • Cheesy Refried Beans • Chilled Pineapple Chunks • Seasonal Fresh Fruit	• Chicken Strips • Macaroni & Cheese • Steamed Green Beans • Chilled Peach Cup • Seasonal Fresh Fruit	• Pepperoni or Cheese Pizza Slice • Soy PB & J Pocket / Yogurt Cup • Seasonal Side Salad • Applesauce Cup • Seasonal Fresh Fruit	• Popcorn Chicken • Ham and Cheese Pocket • Baked Tator Tots • 100% Juice Box • Seasonal Fresh Fruit • Elf® Grahams	• Cheesy Breadstick & Sauce • Mini Pancakes and Sausage • Pumpkin Pudding • Cran-Raisins • Seasonal Fresh Fruit • Ice Cream Cup
WEEK 3	• Ravioli & Breadstick • Mini Corn Dog Nuggets • Steamed Broccoli • 100% Fruit Slushy • Seasonal Fresh Fruit	• Chicken Patty on a Bun • Mini Waffle & Sausage • Sweet Corn • Chilled Mandarin Oranges • Seasonal Fresh Fruit	• Pepperoni or Cheese Pizza Slice • WG Pretzel & Cheese Cup • Celery & Sunbutter Cup • Fresh Fruit Salad • Seasonal Fresh Fruit	• Italian Calzone • Orange Chicken / Brown Rice • Fresh Carrots and Dip • Chilled Pear Cup • Seasonal Fresh Fruit	• Chicken Nuggets & Sauce • Cheese Quesadillas • Bold Baked Beans • Applesauce Cup • Seasonal Fresh Fruit • WG Cookie
WEEK 4	• Sloppy Joe on a bun • Chicken drumstick • Creamy Mashed Potatoes • Mandarin Oranges • Seasonal Fresh Fruit • Elf Grahams®	• Cheeseburger on Bun • Corn Dog on a Stick • Seasonal Side Salad • Chilled Mixed Fruit • Seasonal Fresh Fruit	• Pepperoni or Cheese Pizza Slice • Soy PB & J Pocket / Yogurt cup • Pumpkin Pudding • 100% Juice Box • Seasonal Fresh Fruit	• Walking Taco with Lettuce & Cheese • Chicken Patty on a Bun • Cheesy Refried Beans • Chilled Pineapple Chunks • Seasonal Fresh Fruit	• Macaroni & Cheese • Crunchy Fish Sticks • Steamed Green Beans • Applesauce Cup • Seasonal Fresh Fruit • Ice Cream Cup

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# WAYS TO PURCHASE MEALS



## PRE-PAYMENTS ONLINE

To pay online using your credit / debit card or electronic check, go to [payforit.net](http://payforit.net).

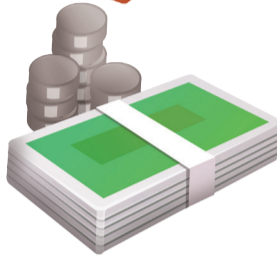
**FREE TO ALL USERS.**

You will need your student's ID number (located on all report cards and student schedules).



## CHECK

Please make sure all checks are made payable to your student's school cafeteria. Include your student's name and cafeteria pin # on the check. A fee will be applied to all returned checks for insufficient funds.



## CASH

Sending in cash with elementary age students is not recommended, but is accepted. Please place the money in a sealed envelope with the student's name and pin # on the envelope. Negative balance notifications: Any time your student's lunch account falls below  $-\$0.80$  you will receive a courtesy reminder through our school systems automated phone call service. Please reference your student's school handbook to reference our meal charge procedures.

# PLAIN LOCAL ELEMENTARY LUNCH MENU



Plain Local Schools  
Child Nutrition Department  
901 44th St. NW  
Canton, OH 44709  
Jennifer Rex, Director  
330-493-5569  
Visit us at:  
[www.PLShealthymeals.org](http://www.PLShealthymeals.org)



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