

MAY | 2023



PLEASANT MIDDLE & HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WHOLE GRAIN CHICKEN NUGGETS SWEET POTATO FRIES WHOLE GRAIN CHIPS PEACHES MILK	2 MEATBALLS ON A WHOLE GRAIN SUB BUN MOZZERELLA CHEESE MARINARA SAUCE DARK GREEN SALAD DRESSING OPTIONAL FRESH GRAPES MILK	3 WHOLE GRAIN CHICKEN WRAP PASTA SALAD CORN APPLESAUCE CUP MILK	4 WHOLE GRAIN CORN DOG ON A STICK MACARONI & CHEESE MIXED VEGETABLES MIXED FRUIT MILK	5 WHOLE GRAIN QUESADILLA LETTUCE, SOUR CREAM, SALSA, TACO SAUCE OPTIONAL REFRIED BEANS BANANA MILK
8 WHOLE GRAIN SPAGHETTI PASTA WITH MEAT SAUCE SIDE SALAD DRESSING OPTIONAL WHOLE GRAIN BREADSTICK APPLE SLICES MILK	9 WHOLE GRAIN FRENCH TOAST STICKS SYRUP CUP EGG PATTY SAUSAGE PATTY TATER TOTS JUICE CUP MILK	10 HOT HAM & CHEESE ON A WHOLE GRAIN BAGEL COOKED CARROTS WHOLE GRAIN ICED GRAHAM DICED PEARS MILK	11 SPICY NACHOS TACO MEAT, CHEESE, LETTUCE AND TACO SAUCE OPTIONAL WHOLE GRAIN TORTILLA CHIPS BLACK BEANS PINEAPPLE MILK	12 WHOLE GRAIN CHEESE FILLED BOSCO STICKS MARINARA SAUCE BROCCOLI CASSEROLE BAKED APPLES MILK
15 BIG MAC WRAP HAMBURGER PATTY, LETTUCE, CHEESE, AND SPECIAL SAUCE IN A WHOLE GRAIN WRAP FRESH CARROTS RANCH DIP WHOLE GRAIN MUFFIN JUICE CUP MILK	16 B.B.Q. CHICKEN WHOLE GRAIN FLATBREAD CALIFORNIA BLEND VEGETABLES FRESH GRAPES MILK	17 CHOICE OF: RICE, FAJITA CHICKEN, BLACK BEANS, PINTO BEANS, LETTUCE AND CHEESE IN A BOWL WHOLE GRAIN TORTILLA CHIPS DICED PEACHES MILK	18 WHOLE GRAIN PANCAKES SYRUP CUP SCRAMBLED EGGS POTATO WEDGE FRESH ORANGE SLICES MILK	19 CHICKEN ALFREDO WITH A TWIST STEAMED BROCCOLI WHOLE GRAIN DINNER ROLL 100% FROZEN JUICE SIDEKICK MILK
22 COOKS CHOICE	23 COOKS CHOICE	24 COOKS CHOICE	25 COOKS CHOICE	26 COOKS CHOICE
29 NO SCHOOL	30 COOKS CHOICE	31 COOKS CHOICE	1 COOKS CHOICE	 COOKS CHOICE

BREAKFAST:
Breakfast is
offered daily with
a choice of a
variety of items
that meet a
reimbursable
meal.

MENU SUBJECT TO
CHANGE

ALL ITEMS MAY
CONTAIN NUTS

PLEASE PAY ALL
OUTSTANDING
LUNCH ACCOUNTS

THIS INSTITUTION
IS AN EQUAL
OPPORTUNITY
PROVIDER

Lori Kramp
Food Service Manager
740-361-9276
lori.kramp@pleasantstaff.org