

NOVEMBER 2023

PLEASANT SECONDARY LUNCH MENU

LUNCH PRICE
Full: \$3.00
Reduced: \$.00

BREAKFAST PRICE
Full: \$1.50
Reduced: \$.00

Breakfast is offered daily with a variety of items.

Monday

Tuesday

Wednesday

Thursday

Friday



6
BIG MAC WHOLE GRAIN TORTILLA WRAP
SWEET POTATO FRIES
WHOLE GRAIN COOKIE
STRAWBERRY CUP
MILK

7
WHOLE GRAIN FRENCH TOAST STICKS
HASHBROWN
EGG PATTY & SAUSAGE PATTY
FRESH ORANGE SLICES
MILK

1
HOT HAM & CHEESE ON A WHOLE GRAIN BAGEL
FRESH CARROTS
RANCH DIP OPTIONAL
WHOLE GRAIN CHEEZ ITS
FRUIT
MILK

2
CHICKEN WHOLE GRAIN RICE ASIAN BOWL
CHEESY BROCCOLI
WHOLE GRAIN EGG ROLL
PEACH CUP
MILK

3
WHOLE GRAIN PIZZA RIPPERS
SIDE SALAD
DRESSING OPTIONAL
FRESH BANANA
MILK

13
B.B.Q RIB ON A WHOLE GRAIN BUN
FRESH CARROTS
RANCH DIP OPTIONAL
WHOLE GRAIN ANIMAL CRACKERS
FRESH APPLE SLICES
MILK

14
GRILLED CHEESE ON WHOLE GRAIN BREAD
TOMATO SOUP
CELERY STICKS
PEANUT BUTTER
JUICE CUP
MILK

15
CHICKEN MASHED POTATO BOWL
WHOLE GRAIN POPCORN
CHICKEN, CORN, GRAVY,
CHEESE OPTIONAL
WHOLE GRAIN DINNER ROLL
PINEAPPLE
MILK

16
WHOLE GRAIN PASTA CHICKEN ALFREDO
WHOLE GRAIN GARLIC TOAST
STEAMED BROCCOLI
FRESH MIXED FRUIT
MILK

17
WHOLE GRAIN BOSCO STICKS
MARINARA SAUCE
MIXED VEGETABLES
100% FROZEN JUICE SIDEKICK
MILK

20
SLICED TURKEY MASHED POTATOES
GRAVY OPTIONAL
WHOLE GRAIN STUFFING
BAKED APPLES
MILK

21
WHOLE GRAIN CORN DOG
BAKED BEANS
WHOLE GRAIN FRITOS
APPLESAUCE
MILK

NO SCHOOL

NO SCHOOL

NO SCHOOL

27
MEATBALLS IN MARINARA SAUCE ON A WHOLE GRAIN BUN.
MOZZARELLA CHEESE
DARK GREEN SALAD
DRESSING OPTIONA
PEARS
MILK

28
WHOLE GRAIN BISCUITS & SAUSAGE GRAVY
SCRAMBLED EGGS
HASHBROWNS
ORANGE JUICE CUP
MILK

29
SPICY NACHOS WITH MEAT
TORTILLA CHIPS
LETTUCE, CHEESE, SOUR CREAM
TACO SAUCE OPTIONAL
REFRIED BEANS
PINEAPPLE
MILK

30
WHOLE GRAIN PASTA WITH MEAT SAUCE
CALIFORNIA BLEND VEGETABLES
WHOLE GRAIN DINNER ROLL
DICED PEARS
MILK



All menu items may contain nuts.
Menu subject to change.
This institution is an equal opportunity provider

Free/reduced lunch program application are available online at: pleasantlocalschools.org, school office or by contacting Lori Kramp (lori.kramp@pleasantstff.org), 740-361-9276 or 740-389-4476.