

# OCTOBER | 2022

## PLEASANT ELEMENTARY SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> WHOLE GRAIN MINI CORN DOGW RICE &amp; CHEESE COOKED BROCCOLI 100% FROZEN JUICE MILK</p>	<p><b>4</b> WHOLE GRAIN PANCAKES SYRUP CUP EGG PATTY SAUSAGE LINK TATOR TOTS JUICE CUP MILK</p>	<p><b>5</b> WHOLE GRAIN CHICKEN STRIPS SWEET POTATO PUFFS WHOLE GRAIN ICED GRAHAM FRESH GRAPES MILK</p>	<p><b>6</b> WALKING TACO (WHOLE GRAIN DORITOS WITH TACO MEAT, CHEESE, LETTUCE &amp; TACO SAUCE OPTIONAL) REFRIED BEANS YOGURT CUP PINEAPPLE MILK</p>	<p><b>7</b> WHOLE GRAIN PIZZA CELERY STICKS RANCH OPTIONAL WHOLE GRAIN BELLY BEARS FRESH BANANA MILK</p>
<p><b>10</b> WHOLE GRAIN MACARONI &amp; CHEESE LITTLE SMOKIES FRESH MIXED VEGETABLES RANCH DIP OPTIONAL APPLESAUCE CUP MILK</p>	<p><b>11</b> MEATBALLS IN PIZZA SAUCDE ON A WHOLE GRAIN SUB BUN DARK GREEN SALAD DRESSING OPTIONAL DICED PEARS MILK</p>	<p><b>12</b> WHOLE GRAIN FRENCH TOAST STICKS SYRUP CUP TURYKEY BACON SMILEY FRIES FRESH ORANGE SLICES MILK</p>	<p><b>13</b> WHOLE GRAIN CHICKEN PATTY ON A WHOLE GRAIN BUN LETTUCE &amp; CHEESE OPTIONAL BAKED BEANS DICED PEARS MILK</p>	<p><b>14</b> WHOLE GRAIN CHEESE PIZZA SWEET POTATO FRIES APPLESAUCE CAKE RAISINS MILK</p>
<p><b>17</b> WHOLE GRAIN FISH STICKS TARTER SAUCE OPTIONAL FRENCH FRIES FRESH APPLE SUN BUTTER OPTIONAL JUICE CUP MILK</p>	<p><b>18</b> MACHO NACHO DIP WITH GROUND BEEF &amp; CHEESE WHOLE GRAIN TORTILLA CHIPS REFRIED BEANS SIDE SALAD DRESSING OPTIONAL DICED PEARS MILK</p>	<p><b>19</b> WHOLE GRAIN CHICKEN NUGGETS CALIFORNIA CASSEROLE WHOLE GRAIN BREADSTICK WARM CINNAMON APPLES MILK</p>	<p><b>20</b> WHOLE GRAIN PIZZA WHEELS (PEPPERONI, PIZZA SAUCE &amp; CHEESE) FRESH BROCCOLI RANCH DIP OPTIONAL WHOLE GRAIN SCOOPY SNACKS MILK</p>	<p><b>21</b> NO SCHOOL</p>
<p><b>24</b> WHOLE GRAIN PASTA WITH CHICKEN &amp; ALFREDO SAUCE GREEN BEANS WHOLE GRAIN DINNER ROLL 100% JUICE SIDE KICK MILK</p>	<p><b>25</b> SAUSAGE GRACY WHOLE GRAIN BISQUIT HASHBOWN EGG &amp; CHEESE OMELET DICED PEACHES MILK</p>	<p><b>26</b> GRILLED CHEESE ON WHOLE GRAIN BREAD TOMATO SOUP GOLDFISH CRACKERS CHEESE STICK JUICE CUP MILK</p>	<p><b>27</b> HAMBURGER PATTY ON A WHOLE GRAIN BUN BAKED BEANS MACARONI SALAD FRESH MIXED FRUIT MILK</p>	<p><b>28</b> WHOLE GRAIN PEPPERONI PIZZA DARK GREEN SALAD DRESSING OPTIONAL FRESH BANANAS &amp; STRAWBERRIES MILK</p>
<p><b>31</b> MUMMY WRAPPED HOT DOG ( WRAPPED IN A WHOLE GRAIN BISQUIT) PUMPKIN FINGERS(CARROTS) RANCH DIP OPTIONAL WITCH SMOOTHIE RICE KRISPY PUMPKIN MILK</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>



**ALL MENU ITEMS  
MAY CONTAIN NUTS**

**MENU SUBJECT TO  
CHANGE**

**BREAKFAST:  
FULL PRICE \$1.25  
RECUCED PRICE  
\$0.30**

**LUNCH:  
FULL PRICE \$2.75  
REDUCED PRICE  
\$0.40**

**THE CARRY OVER PERIOD  
FROM LAST YEAR FOR  
QUALIFIED STUDENTS ON  
THE FREE/REDUCED  
PROGRAM EXPIRED  
OCTOBER 1<sup>ST</sup>.**

**IF AN APPLICATION WAS  
NOT COMPLETED BY  
OCTOBER 1<sup>ST</sup> YOUR  
CHILD/REN MAY BE  
CHARGED.**

**THIS INSTITUTION IS  
AN EQUAL  
OPPORTUNITY  
PROVIDER**