

Pleasant Valley Lunch Menu

October 2019

Chicken Tacos with Pineapple Salsa



Pizza Sticks & Sauce Ham & Cheese Melt

Grilled Chicken Salad Italian Hoagie

Green Beans **Diced Pears**

Nachos Grande Hot Dog

Grilled Chicken Salad Italian Hoagie

Corn Grapes

Waffles & Sausage Boneless BBQ Wings Grilled Chicken Salad Italian Hoagie

BBQ Pinto Beans Apple Slices

Macaroni & Cheese

Chicken Tenders/Roll Grilled Chicken Salad Italian Hoagie

Steamed Broccoli **Diced Peaches**

Personal Pizza

Bacon Cheeseburger Popcorn Chicken Salad Breakfast Muffin Pack

Tater Tots Fruit Cocktail

Chicken Mashed Potato Bowl/Breadstick

Grilled Cheese Popcorn Chicken Salad Breakfast Muffin Pack

Seasoned Carrots **Diced Pears**

Chicken Tacos w/ Pineapple Salsa

Italian Cheese Dunkers Popcorn Chicken Salad Breakfast Muffin Pack

Corn Strawberries

French Toast Sticks & Sausage

Mini Corn Dogs Popcorn Chicken Salad Breakfast Muffin Pack

Baked Beans Applesauce

Pasta w/Meatballs

Chicken Nuggets/Breadstick Popcorn Chicken Salad Breakfast Muffin Pack

Peas & Carrots **Diced Peaches**

14

Cheese Pizza

Cheeseburger Ham Chef Salad Turkey Hoagie

CHOCOLATE PUDDING DESSERT

French Fries Fruit Cocktail 15

Meatball Hoagie

Grilled Cheese Ham Chef Salad Turkey Hoagie

Seasoned Carrots Diced Pears

16

Doritos Walking Taco Hot Dog

Ham Chef Salad Turkey Hoagie

Corn Strawberries 17

Pancakes & Sausage Mini Corn Dogs

Ham Chef Salad Turkey Hoagie

Hash Brown Applesauce

18 National Pasta Day

Chicken Parm w/ Pasta Chicken Nuggets/Breadstick Ham Chef Salad

Baked Beans **Diced Peaches**

Turkey Hoagie

21

Pizza Hut Pizza

Philly Cheesesteak Chicken Caesar Salad Ham Hoagie

Cauliflower Mandarin Oranges

Chicken Mashed Potato Bowl/Mini Soft Pretzel

Ham & Cheese Melt Chicken Caesar Salad Ham Hoagie

Seasoned Peas **Diced Pears**

23

Nachos Grande

Hot Dog Chicken Caesar Salad Ham Hoagie

Corn Grapes 24

No School

25

No School

28

Cheese Pizza

Cheeseburger All American Chef Salad Chicken Ranch Wrap

Green Beans Fruit Cocktail

General Tso's Popcorn Chicken/Rice

Grilled Cheese All American Chef Salad Chicken Ranch Wrap

Steamed Broccoli Diced Pears

Doritos Walking Taco

Italian Cheese Dunkers All American Chef Salad Chicken Ranch Wrap

Corn Strawberries

31 Happy Halloween

Pancakes & Sausage Mini Corn Dogs All American Chef Salad Chicken Ranch Wrap

Baked Beans Applesauce



Lucky Tray Day Prize



Daily Features:

Grab N Go Flatbread Pizza Kit Yogurt Parfait WG Pretzel/Cheese Stick/Trix Yogurt Chicken Patty Sandwich SunButter & Jelly Sandwich Apples, Oranges & Bananas



Be on the lookout!

Ace travels to London this month!



Veggies May Include:

Baby Carrots, Broccoli Florets, Red Pepper Strips, Cucumber Slices, **Grape Tomatoes & Celery Sticks**

Available Daily:

Fat-Free and 1% white milk as well as Fat-Free flavored milk choices



This institution is an equal opportunity provider.

We are looking for Cafeteria Substitute Workers! Please contact Food Service @ 724-941-6251 x 7226