



Pleasant Valley Elementary Lunch

April 2022

Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose ½ cup of fruit and/or veggie.

Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.

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

4
 Cheese Pizza *V
 OR
 Crispy Chicken Breast Sandwich
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Vegetable Medley, Bell Peppers
 Seasonal Fresh Fruit

5
 Breaded Chicken Boneless Wings
 OR
 American Grilled Cheese *V
 OR
 Oven-Fired Flatbread Pizza Kit
 -----Side Items-----
 Smiley Fries, Baby Carrots
 Seasonal Fresh Fruit

6
 100% Ground Beef Nachos Grande*SC
 OR
 Golden Crispy Chicken Nuggets
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Black Beans, Cucumber Slices
 Seasonal Fresh Fruit

7
 Waffles & Turkey Sausage Links
 OR
 100% Beef Cheeseburger
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Celery Sticks
 Seasonal Fresh Fruit

8
 Cheese Stuffed Breadsticks & Marinara *V
 OR
 BBQ Rib Patty Sandwich
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

11
 Spring Break

 NO SCHOOL

12
 Spring Break

 NO SCHOOL

13
 Spring Break

 NO SCHOOL

14
 Spring Break

 NO SCHOOL

15
 Spring Break

 NO SCHOOL

18
 Cheese Stuffed Breadsticks & Marinara *V
 OR
 Crispy Chicken Breast Sandwich
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Vegetable Medley, Bell Peppers
 Seasonal Fresh Fruit

19
 Breaded Chicken Boneless Wings
 OR
 American Grilled Cheese *V
 OR
 Oven-Fired Flatbread Pizza Kit
 -----Side Items-----
 Smiley Fries, Baby Carrots
 Seasonal Fresh Fruit

20
 Grilled Chicken Soft Tacos *SC
 OR
 Golden Crispy Chicken Nuggets
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Black Beans, Cucumber Slices
 Seasonal Fresh Fruit

21
 Apple Strudel & Turkey Sausage Links
 OR
 100% Beef Cheeseburger
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Celery Sticks
 Seasonal Fresh Fruit

22
 100% Beef Meatball Sub
 OR
 Popcorn Chicken with Roll
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

25
 Pepperoni Pizza
 OR
 Crispy Chicken Breast Sandwich
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Green Beans, Bell Peppers
 Seasonal Fresh Fruit

26
 Chicken Mashed Potato Bowl with Roll
 OR
 American Grilled Cheese *V
 OR
 Oven-Fired Flatbread Pizza Kit
 -----Side Items-----
 Smiley Fries, Baby Carrots
 Seasonal Fresh Fruit

27
 Ground Beef Walking Taco *SC
 OR
 Golden Crispy Chicken Nuggets
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Pinto Beans, Cucumber Slices
 Seasonal Fresh Fruit

28
 French Toast & Turkey Sausage Links
 OR
 100% Beef Cheeseburger
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Celery Sticks
 Seasonal Fresh Fruit

29
 Macaroni & Cheese *V *SC
 OR
 Cheese Stuffed Breadsticks & Marinara *V
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.

*V = Vegetarian *SC = Made from Scratch

A Lunch Meal is complimentary in the school day.
 Second Lunch Meal: \$2.30

Offered Daily with Lunch Meal:
 100% Juice, Skim White, Skim Chocolate and 1% White Milk