



# Pleasant Valley Elementary Lunch

## May 2022

**2**  
**Pizza Hut** Cheese Pizza \*V  
 OR  
 Grilled Chicken Breast Sandwich  
 OR  
 SunButter Jelly Sandwich  
 -----Side Items-----  
 French Fries, Bell Peppers  
 Seasonal Fresh Fruit

**3**  
 Chicken Ranch Club Flatbread  
 OR  
 100% Beef Hot Dog  
 OR  
 Honey Ham & Cheese Sub  
 -----Side Items-----  
 Sweet Corn, Baby Carrots  
 Seasonal Fresh Fruit

**4**  
 Cheddar Cheese Quesadilla \*V  
 OR  
 Golden Crispy Chicken Tenders  
 OR  
 Oven Roasted Turkey Chef Salad  
 & Dinner Roll  
 -----Side Items-----  
 Pinto Beans, Cucumber Slices  
 Seasonal Fresh Fruit

**5**  
 Cinnamon Breakfast Roll &  
 Turkey Sausage Links  
 OR  
 100% Beef Bacon Cheeseburger  
 OR  
 Honey Ham, Roasted Turkey &  
 Cheddar Sandwich  
 -----Side Items-----  
 Green Peas, Celery Sticks  
 Seasonal Fresh Fruit

**6**  
 Beef Meatballs over  
 Penne Pasta \*SC  
 OR  
 Corn Dogs  
 OR  
 Berry Yogurt Parfait &  
 Grahams \*V  
 -----Side Items-----  
 Spinach Salad, Baby Carrots  
 Seasonal Fresh Fruit

**9**  
 Pepperoni Pizza  
 OR  
 Crispy Chicken Breast Sandwich  
 OR  
 Chicken, Feta & Berry Salad &  
 Roll  
 -----Side Items-----  
 Vegetable Medley, Bell Peppers  
 Seasonal Fresh Fruit

**10**  
 Breaded Chicken Boneless Wings  
 OR  
 American Grilled Cheese \*V  
 OR  
 Oven-Fired Flatbread Pizza Kit  
 -----Side Items-----  
 Smiley Fries, Baby Carrots  
 Seasonal Fresh Fruit

**11**  
 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

**12**  
 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

**13**  
 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

**16**  
**Pizza Hut** Cheese Pizza \*V  
 OR  
 Grilled Chicken Breast Sandwich  
 OR  
 SunButter Jelly Sandwich  
 -----Side Items-----  
 French Fries, Bell Peppers  
 Seasonal Fresh Fruit

**17**  
 Chicken Mashed Potato Bowl  
 with Roll  
 OR  
 100% Beef Hot Dog  
 OR  
 Honey Ham & Cheese Sub  
 -----Side Items-----  
 Sweet Corn, Baby Carrots  
 Seasonal Fresh Fruit

**18**  
 Ground Beef Walking Taco \*SC  
 OR  
 Golden Crispy Chicken Tenders  
 OR  
 Oven Roasted Turkey Chef Salad &  
 Dinner Roll  
 -----Side Items-----  
 Pinto Beans, Cucumber Slices  
 Seasonal Fresh Fruit

**19**  
 General Tso's Chicken with Brown Rice  
 OR  
 100% Beef Bacon Cheeseburger  
 OR  
 Honey Ham, Roasted Turkey &  
 Cheddar Sandwich  
 -----Side Items-----  
 Steamed Broccoli, Celery Sticks  
 Seasonal Fresh Fruit

**20**  
 Sausage, Egg & Cheese  
 Bagel Melt  
 OR  
 Corn Dogs  
 OR  
 Berry Yogurt Parfait &  
 Grahams \*V  
 -----Side Items-----  
 Spinach Salad, Baby Carrots  
 Seasonal Fresh Fruit

**23**  
 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

**24**  
 Breaded Chicken Boneless Wings  
 OR  
 American Grilled Cheese \*V  
 OR  
 Oven-Fired Flatbread Pizza Kit  
 -----Side Items-----  
 Smiley Fries, Baby Carrots  
 Seasonal Fresh Fruit

**25**  
 Grilled Chicken Soft Tacos \*SC  
 OR  
 Golden Crispy Chicken Nuggets  
 OR  
 Smoked Turkey & Provolone  
 Wrap  
 -----Side Items-----  
 Black Beans, Cucumber Slices  
 Seasonal Fresh Fruit

**26**  
 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

**27**  
 100% Beef Meatball Sub  
 OR  
 Popcorn Chicken with Roll  
 OR  
 Grilled Chicken Caesar Salad &  
 Roll  
 -----Side Items-----  
 Garden Salad, Baby Carrots  
 Seasonal Fresh Fruit

**30**  
 Memorial Day  
  
 NO SCHOOL

**31**  
 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

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

**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.**

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