



# Pleasant Valley Elementary Lunch

## May 2023

<b>1</b> Italian Cheesy Pull-Apart*V OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Smiley Fries Seasonal Fresh Fruit	<b>2</b> Breaded Chicken Mashed Potato Bowl/Breadstick OR Cheddar Cheese Oven-Roasted Flatbread Melt*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Sweet Corn Seasonal Fresh Fruit	<b>3</b> Breaded Chicken & Waffle Nachos OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Black Beans Seasonal Fresh Fruit	<b>4</b> French Toast Sticks*V & Turkey Sausage Links OR 100% Beef Bacon Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit -----Side Items----- Hash Brown Seasonal Fresh Fruit	<b>5</b> <u>School Lunch Hero Day</u> Cheese Quesadilla*V OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
<b>8</b> Cheese Pizza*V OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Sliced Carrots Seasonal Fresh Fruit	<b>9</b> BBQ Pork McRib Sandwich OR American Grilled Cheese*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Baked Beans Seasonal Fresh Fruit	<b>10</b> 100% Beef Nachos Grande*SC OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Sweet Corn Seasonal Fresh Fruit	<b>11</b> Cinnamon Breakfast Roll*V & Turkey Sausage Links OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit -----Side Items----- Hash Brown Seasonal Fresh Fruit	<b>12</b> Egg, Sausage, Cheese Bagel Melt OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
<b>15</b> Pizza Hut Pizza OR Crispy Chicken Breast Sandwich OR Italian Style Sub -----Side Items----- Smiley Fries Seasonal Fresh Fruit	<b>16</b> Pineapple Chicken Bowl*SC OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V -----Side Items----- Sweet Corn Seasonal Fresh Fruit	<b>17</b> 100% Beef Walking Taco*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items----- Pinto Beans Seasonal Fresh Fruit	<b>18</b> Waffles*V & Turkey Sausage Links OR Mini Chicken Corn Dogs OR Hummus & Veggie Plate with Oven-Fired Flatbread*V -----Side Items----- Hash Brown Seasonal Fresh Fruit	<b>19</b> 100% Beef Meatballs over Penne Pasta*SC OR Golden Crispy Chicken Tenders with Roll OR Breaded Chicken & Cheese Snack Wraps -----Side Items----- Garden Salad Seasonal Fresh Fruit
<b>22</b> Chicken Parmesan Flatbread OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Sliced Carrots Seasonal Fresh Fruit	<b>23</b> Cheese Stuffed Breadsticks & Marinara Sauce*V OR Cheddar Cheese Oven-Fired Flatbread Melt*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Smiley Fries Seasonal Fresh Fruit	<b>24</b> Grilled Chicken Soft Tacos OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Black Beans Seasonal Fresh Fruit	<b>25</b> General Tso's Chicken with Brown Rice OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit -----Side Items----- Steamed Broccoli Seasonal Fresh Fruit	<b>26</b> Homemade Pepperoni Roll*SC OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
<b>29</b> <b>NO SCHOOL</b> <b>Memorial Day</b>	<b>30</b> Grilled Chicken Ranch Club on Oven-Fired Flatbread OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V -----Side Items----- Green Beans Seasonal Fresh Fruit	<b>31</b> 100% Ground Beef Nachos*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items----- Pinto Beans Seasonal Fresh Fruit		

**Please note new Sesame Flour Allergen Alert**  
 Two Companies have recently changed their recipes to include Sesame flour. This impacts our hamburger buns, hot dog buns, hoagie buns and flatbread. As well as the pizza dough at Middle School and High School.

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.

**Offered Daily with Lunch Meal:**

100% Juice, Skim White, Skim Chocolate and 1% White Milk

**Cold Vegetable Choices Include:**

Monday: Baby Carrots/Broccoli Florets  
 Tuesday: Broccoli Florets/ Red Pepper Strips  
 Wednesday: Baby Carrots/ Cucumbers  
 Thursday: Celery Sticks/ Grape Tomatoes  
 Friday: Baby Carrots/ Cucumbers

**Daily Features Include:**

Crispy Chicken Breast Sandwich  
 Fruit & Yogurt Parfaits\*SC\*V  
 SunButter & Jelly Sandwich\*V  
 Apples, Oranges & Bananas

**Lunch Price: \$2.70**