



Pleasant Valley Elementary Lunch

November 2021

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| <p>1</p> <p>Parent Conferences</p> <p>NO SCHOOL</p> | <p>2</p> <p>Crispy Chicken Breast Sandwich OR Egg, Fruit & Cheese Pack with Crackers *V</p> <p>-----Side Items----- Smiley Fries, Fresh Broccoli Seasonal Fresh Fruit</p> | <p>3</p> <p>Ground Beef Walking Taco *SC OR Smoked Turkey & Provolone Wrap</p> <p>-----Side Items----- Pinto Beans, Cucumber Slices Seasonal Fresh Fruit</p> | <p>4</p> <p>French Toast Sticks & Turkey Sausage Links OR Hummus & Veggie Plate with Oven-Fired Flatbread *V</p> <p>-----Side Items----- Tater Tots, Grape Tomatoes Seasonal Fresh Fruit</p> | <p>5</p> <p>Macaroni & Cheese *V *SC OR Grilled Chicken Caesar Salad & Breadstick</p> <p>-----Side Items----- Garden Salad, Baby Carrots Seasonal Fresh Fruit</p> |
| <p>8</p> <p>Pizza Hut Cheese Pizza *V OR Sun Butter & Jelly Wrap *V</p> <p>-----Side Items----- Crinkle Cut Fries, Bell Peppers Seasonal Fresh Fruit</p> | <p>9</p> <p>Popcorn Chicken Mashed Potato Bowl OR Spicy Honey Ham & Cheese Sub</p> <p>-----Side Items----- Sweet Corn, Fresh Broccoli Seasonal Fresh Fruit</p> | <p>10</p> <p>Cheddar Cheese Quesadilla *V OR Oven Roasted Turkey Chef Salad & Dinner Roll</p> <p>-----Side Items----- Pinto Beans, Cucumber Slices Seasonal Fresh Fruit</p> | <p>11</p> <p>Cheese Stuffed Breadsticks & Marinara *V OR Honey Ham, Roasted Turkey & Cheddar Sandwich</p> <p>-----Side Items----- Garden Salad, Grape Tomatoes Seasonal Fresh Fruit</p> | <p>12</p> <p>Grilled Chicken Parmesan over Spaghetti *SC OR Berry Yogurt Parfait & Grahams *V</p> <p>-----Side Items----- Spinach Salad, Baby Carrots Seasonal Fresh Fruit</p> |
| <p>15</p> <p>Pepperoni Pizza OR Chicken, Feta & Berry Salad & Breadstick</p> <p>-----Side Items----- Vegetable Medley, Bell Peppers Seasonal Fresh Fruit</p> | <p>16</p> <p>Golden Crispy Chicken Nuggets OR Egg, Fruit & Cheese Pack with Crackers *V</p> <p>-----Side Items----- Smiley Fries, Fresh Broccoli Seasonal Fresh Fruit</p> | <p>17</p> <p>Potato Wedge Chicken Nachos OR Smoked Turkey & Provolone Wrap</p> <p>-----Side Items----- Black Beans, Cucumber Slices Seasonal Fresh Fruit</p> | <p>18</p>  <p>Oven Roasted Turkey & Mashed Potatoes with Roll OR Hummus & Veggie Plate with Oven-Fired Flatbread *V</p> <p>-----Side Items----- Sweet Corn, Grape Tomatoes Seasonal Fresh Fruit</p> | <p>19</p> <p>Grilled Cheese *V OR Grilled Chicken Caesar Salad & Breadstick</p> <p>-----Side Items----- Garden Salad, Baby Carrots Seasonal Fresh Fruit</p> |
| <p>22</p> <p>Pizza Hut Cheese Pizza OR Sun Butter & Jelly Wrap *V</p> <p>-----Side Items----- Crinkle Cut Fries, Bell Peppers Seasonal Fresh Fruit</p> | <p>23</p> <p>Honey Mustard Grilled Chicken Melt OR Spicy Honey Ham & Cheese Sub</p> <p>-----Side Items----- Sweet Corn, Fresh Broccoli Seasonal Fresh Fruit</p> | <p>24</p> <p>Inservice</p> <p>NO SCHOOL</p> | <p>25</p> <p>Thanksgiving Break</p> <p>NO SCHOOL</p> | <p>26</p> <p>Thanksgiving Break</p> <p>NO SCHOOL</p> |
| <p>29</p> <p>Pepperoni Pizza OR Chicken, Feta & Berry Salad & Breadstick</p> <p>-----Side Items----- Crinkle Cut Fries, Bell Peppers Seasonal Fresh Fruit</p> | <p>30</p> <p>Breaded Chicken Boneless Wings OR Egg, Fruit & Cheese Pack with Crackers *V</p> <p>-----Side Items----- Smiley Fries, Fresh Broccoli Seasonal Fresh Fruit</p> | <p>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.</p> <p>Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.</p> <p>Students will be charged a la carte if a reimbursable meal is not complete.</p> | | <p>We are looking for Cafeteria Workers! Please contact Food Service @ 724-941-6251 x 7226</p> |

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