

Pleasant Valley Elementary Lunch

September 2022

2 Crispy Chicken Lo Mein

Per the USDA, a reimbursable meal must include at least 3 components. Out of those 3 you must choose 1/2 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





Pepper Steak Stir Fry*SC

OR

100% Beef Hot Dog

OR

Grilled Chicken Taco Salad

French Toast Sticks & Turkey Sausage Links OR

100% Beef Bacon Cheeseburger OR

Honey Ham & Cheese Oven-Fired Flatbread Kit -----Side Items-----

Hash Brown Seasonal Fresh Fruit

Bowl*SC OR Golden Crispy Chicken Nuggets with Breadstick OR Grilled Chicken Caesar Salad with Roll -----Side Items-----Garden Salad Seasonal Fresh Fruit Breaded Chicken Parmesan

over Spaghetti*SC

Golden Crispy Chicken

Nuggets with Breadstick

OR

Grilled Chicken Caesar

Salad with Roll

----Side Items-----

NO SCHOOL Labor Day

13

BBQ Pork McRib Sandwich OR American Grilled Cheese*V OR Oven Roasted Turkey & Cheese Sub -Side Items-**Baked Beans**

Seasonal Fresh Fruit

-Side Items--Green Peas

Seasonal Fresh Fruit

Cinnamon Breakfast Roll & Turkey Sausage Links OR 100% Beef Cheeseburger

OR Honey Ham & Cheese Oven-Fired Flatbread Kit ----Side Items-----

Hash Brown Seasonal Fresh Fruit

Spinach Salad with Oranges Seasonal Fresh Fruit

12

Pizza Hut Cheese Pizza*V

OR Crispy Chicken Breast Sandwich OR Italian Style Sub

> -----Side Items-----Smiley Fries Seasonal Fresh Fruit

Breaded Chicken Mashed Potato Bowl with Breadstick OR Honey Ham & Cheese Melt

OR Oven-Fired Flatbread Pizza Kit*V

-----Side Items-----Sweet Corn Seasonal Fresh Fruit

14

100% Ground Beef Walking Taco*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items-----

> Pinto Beans Seasonal Fresh Fruit

> > Ace's Birthday!

Grilled Chicken

Soft Tacos*SC

ΩR

100% Beef Hot Dog

OR

15

Waffles & Turkey Sausage Links Mini Chicken Corn Dogs OR Hummus & Veggie Plate with Oven-Fired Flatbread -----Side Items-----Hash Brown Seasonal Fresh Fruit

100% Beef Meatballs over 16 Penne Pasta*SC ΟR

> Golden Crispy Chicken Tenders with Roll

Breaded Chicken and Cheese Snack Wraps

--Side Items--Garden Salad

Seasonal Fresh Fruit

Chicken Parmesan Oven-

Fired Flatbread OR **Breaded Chicken Boneless Wings** OR Grilled Chicken, Feta Cheese, and Berry Salad ----Side Items-----Sliced Carrots

Seasonal Fresh Fruit

20 Cheese Stuffed Breadsticks & Marinara Sauce*V OR

Cheddar Cheese Oven-Fired Flatbread OR

Oven Roasted Turkey & Cheese Sub --Side Items--

Smiley Fries Seasonal Fresh Fruit Grilled Chicken Taco Salad --Side Items--Black Beans Seasonal Fresh Fruit

Egg, Sausage, Cheese Bagel Melt OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit -Side Items--Hash Brown Seasonal Fresh Fruit

General Tso's Chicken with Brown Rice Golden Crispy Chicken Nuggets with Breadstick OR Grilled Chicken Caesar Salad with Roll ----Side Items-----

26

Pizza Hut Cheese Pizza*V

Crispy Chicken Breast Sandwich OR Italian Style Sub

> -Side Items--Smiley Fries Seasonal Fresh Fruit

Grilled Chicken Ranch Club Oven-Fired Flatbread OR Honey Ham & Cheese Melt OR

Oven-Fired Flatbread Pizza Kit*V ---Side Items----

Green Beans Seasonal Fresh Fruit 28

100% Ground Beef Nachos*SC Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad

-----Side Items-----Pinto Beans Seasonal Fresh Fruit

Apple Strudel & Turkey Sausage Links Mini Chicken Corn Dogs

Hummus & Veggie Plate with Oven-Fired Flatbread*V -Side Items-

Hash Brown Seasonal Fresh Fruit Macaroni & Cheese with Breaded Fish Sticks*SC Golden Crispy Chicken Tenders with Roll

Steamed Broccoli

Seasonal Fresh Fruit

Breaded Chicken and Cheese Snack Wraps ---Side Items-

Spinach Salad with Oranges 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.

Offered Daily with Lunch Meal:

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

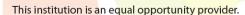
Cold Vegetable Choices Include:

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 SunButter & Jelly Sandwich Apples, Oranges & Bananas

Lunch Price: \$2.70



*Gluten-Free meals available upon request. *SC – Made from scratch *V - Vegetarian

