



Pleasant Valley Lunch Menu

October 2020

**Just a reminder:
Nutrislice Online
Ordering is only
for the Middle
School & High
School.**

**If your child
chooses to
participate in the
lunch program,
they simply tell
their teacher in the
morning during
attendance.**

**5
Cheese Pizza**

Baby Carrots
Smiley Fries
Fruit Cocktail

100% Fruit Juice
Fat Free Milk

**6
Breakfast Muffin Pack**

Broccoli Florets
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

**7
Mini Corn Dogs**

Sliced Cucumber
Baked Beans
Strawberries

100% Fruit Juice
Fat Free Milk

**1
Waffles & Yogurt**

Celery Sticks
Hash Brown
Apple Slices

100% Fruit Juice
Fat Free Milk

**2
Flatbread Pizza Kit**

Baby Carrots
Sliced Cucumbers
Diced Peaches

100% Fruit Juice
Fat Free Milk

**12
Cheese Pizza**

Baby Carrots
Smiley Fries
Fruit Cocktail

100% Fruit Juice
Fat Free Milk

**13
Turkey Hoagie**

Broccoli Florets
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

**14
Chicken Nuggets/Roll**

Sliced Cucumber
Green Peas
Strawberries

100% Fruit Juice
Fat Free Milk

**15
Pancakes & Yogurt**

Celery Sticks
Grape Tomatoes
Applesauce

100% Fruit Juice
Fat Free Milk

**16
Flatbread Pizza Kit**

Baby Carrots
Sliced Cucumber
Diced Peaches

100% Fruit Juice
Fat Free Milk

**19
Pizza Hut Pizza**

Baby Carrots
Green Beans
Mandarin Oranges

100% Fruit Juice
Fat Free Milk

**20
Ham Hoagie**

Broccoli Florets
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

**21
Chicken Patty Sandwich**

Sliced Cucumber
Baked Beans
Strawberries

100% Fruit Juice
Fat Free Milk

**22
No School**

**23
No School**

**26
Cheese Pizza**

Baby Carrots
Smiley Fries
Fruit Cocktail

100% Fruit Juice
Fat Free Milk

**27
Santé Fe Turkey Wrap**

Broccoli Florets
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

**28
Hot Dog**

Sliced Cucumber
Seasoned Corn
Strawberries

100% Fruit Juice
Fat Free Milk

**29
Pancakes & Yogurt**

Celery Sticks
Grape Tomatoes
Applesauce

100% Fruit Juice
Fat Free Milk

**30
Grilled Cheese**

Baby Carrots
Sliced Cucumbers
Diced Peaches

100% Fruit Juice
Fat Free Milk

Yummy Recipe of the Month: Cheese Kabobs!

- 1 Fresh Apple
- 3-5 Low Fat Cheese Cubes
- Whole Grain Pretzel Sticks

Using your pretzels as a skewer, make a kabob! Cut the apple into bite sized squares and make small holes in the middle of each slice. In the same way, make small holes in each cheese cube. Put a cheese and apple slice on each pretzel stick and enjoy!

This year, there is such a thing as
FREE LUNCH
FOR ALL STUDENTS #eatwellk12

This institution is an equal opportunity provider.

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

**Offering a limited menu while we deliver
lunch to the classroom.**

