



Pleasant Valley Elementary Lunch

January 2022

3
Cheese Stuffed Breadsticks & Marinara *V
OR
Chicken, Feta & Berry Salad & Roll
-----Side Items-----
Vegetable Medley, Baby Carrots
Seasonal Fresh Fruit

4
Breaded Chicken Boneless Wings
OR
Egg, Fruit & Cheese Pack with Crackers *V
-----Side Items-----
Smiley Fries, Bell Peppers
Seasonal Fresh Fruit

5
Grilled Chicken Soft Tacos *SC
OR
Smoked Turkey & Provolone Wrap
-----Side Items-----
Black Beans, Cucumber Slices
Seasonal Fresh Fruit

6
Apple Strudel & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V
-----Side Items-----
Hash Brown, Grape Tomatoes
Seasonal Fresh Fruit

7
100% Beef Hot Dog
OR
Grilled Chicken Caesar Salad & Roll
-----Side Items-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

10
Pepperoni Pizza
OR
Chicken, Feta & Berry Salad & Roll
-----Side Items-----
Green Beans, Bell Peppers
Seasonal Fresh Fruit

11
Crispy Chicken Breast Sandwich
OR
Egg, Fruit & Cheese Pack with Crackers *V
-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

12
Ground Beef Walking Taco *SC
OR
Smoked Turkey & Provolone Wrap
-----Side Items-----
Pinto Beans, Cucumber Slices
Seasonal Fresh Fruit

13
Waffles & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V
-----Side Items-----
Hash Brown, Grape Tomatoes
Seasonal Fresh Fruit

14
Clerical Day

NO SCHOOL

17
Martin Luther King Jr. Day

NO SCHOOL

18
Popcorn Chicken Mashed Potato Bowl
OR
Spicy Honey Ham & Cheese Sub
-----Side Items-----
Sweet Corn, Baby Carrots
Seasonal Fresh Fruit

19
Cheddar Cheese Quesadilla *V
OR
Oven Roasted Turkey Chef Salad & Dinner Roll
-----Side Items-----
Pinto Beans, Cucumber Slices
Seasonal Fresh Fruit

20
Cheese Stuffed Breadsticks & Marinara *V
OR
Honey Ham, Roasted Turkey & Cheddar Sandwich
-----Side Items-----
Green Peas, Grape Tomatoes
Seasonal Fresh Fruit

21
100% Beef Burger
OR
Berry Yogurt Parfait & Grahams *V
-----Side Items-----
Spinach Salad, Baby Carrots
Seasonal Fresh Fruit

24
Pepperoni Pizza
OR
Chicken, Feta & Berry Salad & Roll
-----Side Items-----
Vegetable Medley, Bell Peppers
Seasonal Fresh Fruit

25
Golden Crispy Chicken Nuggets
OR
Egg, Fruit & Cheese Pack with Crackers *V
-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

26
Potato Wedge Chicken Nachos
OR
Smoked Turkey & Provolone Wrap
-----Side Items-----
Black Beans, Cucumber Slices
Seasonal Fresh Fruit

27
Cinnamon Breakfast Roll & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V
-----Side Items-----
Hash Brown, Grape Tomatoes
Seasonal Fresh Fruit

28
American Grilled Cheese *V
OR
Grilled Chicken Caesar Salad & Roll
-----Side Items-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

31
Pizza Hut Cheese Pizza *V
OR
Sun Butter & Jelly Wrap *V
-----Side Items-----
French Fries, Bell Peppers
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 1/2 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