



Pleasant Valley Elementary Lunch

March 2023

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.



6
Pizza Hut Pizza
OR
Crispy Chicken Breast Sandwich
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

7
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

1
Golden Crispy Chicken Nuggets with Roll
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Green Peas
Seasonal Fresh Fruit

2
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

3
Breaded Chicken
Parmesan over Spaghetti
OR
Cheese Stuffed Breadsticks with Marinara Sauce*V
OR
Tuna Sub
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

13
Chicken Parmesan Flatbread
OR
Breaded Chicken Boneless Wings
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

14
100% Beef Meatloaf*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Mashed Potatoes
Seasonal Fresh Fruit

15
Grilled Chicken Soft Tacos*SC
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

16
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

17
Honey Sriracha Turkey Burger Waffle Sandwich
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Tuna Sub
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

20
Pizza Hut Pizza
OR
Crispy Chicken Breast Sandwich
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

21
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

22
100% Ground Beef Nachos*SC
OR
Grilled Chicken Breast Sandwich
OR
Grilled Chicken Baja Salad
-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

23
Apple Strudel & Turkey Sausage Links
OR
Mini Chicken Corn Dogs
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Hash Brown
Seasonal Fresh Fruit

24
Macaroni & Cheese with Breaded Fish Sticks
OR
Golden Crispy Chicken Tenders with Roll
OR
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

27
NO SCHOOL
Faculty Inservice

28
Breaded Chicken Mashed Potato Bowl with Breadstick
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sweet Corn
Seasonal Fresh Fruit

29
Cheese Quesadilla*V*SC
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

30
Waffles & Turkey Sausage Links
OR
100% Beef Bacon Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Hash Brown
Seasonal Fresh Fruit

31
Italian Cheesy Pull-Apart
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Tuna Sub
-----Side Items-----
Garden Salad
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