



Pleasant Valley Elementary Lunch

October 2021

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

4
Pizza Hut Cheese Pizza *V
 OR
 Veggie Hummus Wrap *V

-----Side Items-----
 Crinkle Cut Fries, Bell Peppers
 Seasonal Fresh Fruit

5
 Popcorn Chicken Mashed Potato
 Bowl
 OR
 Honey Ham & Swiss Sub

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

6
 Cheddar Cheese Quesadilla *V
 OR
 Oven Roasted Turkey Chef Salad
 & Dinner Roll

-----Side Items-----
 Pinto Beans, Cucumber Slices
 Seasonal Fresh Fruit

7
 Grilled Chicken Parmesan over
 Spaghetti *SC
 OR
 Honey Ham, Roasted Turkey &
 Cheddar Sandwich

-----Side Items-----
 Green Peas, Grape Tomatoes
 Seasonal Fresh Fruit

8
 Cheese Stuffed Breadsticks &
 Marinara *V
 OR
 Berry Yogurt Parfait &
 Grahams *V

-----Side Items-----
 Spinach Salad, Baby Carrots
 Seasonal Fresh Fruit

1
 Pepperoni Pizza
 OR
 Grilled Chicken Caesar Salad &
 Breadstick
 -----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

11
 Grilled Cheese *V
 OR
 Chicken, Feta & Berry Salad &
 Breadstick

-----Side Items-----
 Steamed Asparagus, Bell Peppers
 Seasonal Fresh Fruit

12
 Golden Crispy Chicken Tenders
 OR
 Egg, Fruit & Cheese Pack with
 Crackers *V

-----Side Items-----
 Smiley Fries, Fresh Broccoli
 Seasonal Fresh Fruit

13
 Bean & Cheese Mexican Spiced
 Rice Bowl *V
 OR
 Smoked Turkey & Provolone
 Wrap

-----Side Items-----
 Black Beans, Cucumber Slices
 Seasonal Fresh Fruit

14
 Fluffy Waffles &
 Cheddar Scrambled Eggs *V *SC
 OR
 Hummus & Veggie Plate with
 Oven-Fired Flatbread *V

-----Side Items-----
 Tater Tots, Grape Tomatoes
 Seasonal Fresh Fruit

15
 Pepperoni Pizza
 OR
 Grilled Chicken Caesar Salad &
 Breadstick

-----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

18
Pizza Hut Cheese Pizza
 OR
 Veggie Hummus Wrap *V

-----Side Items-----
 Crinkle Cut Fries, Bell Peppers
 Seasonal Fresh Fruit

19
 Honey Mustard Grilled Chicken
 Melt
 OR
 Honey Ham & Swiss Sub

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

20
 Beef & Kickin' Bean Nachos *SC
 OR
 Oven Roasted Turkey Chef Salad
 & Dinner Roll

-----Side Items-----
 Pinto Beans, Cucumber Slices
 Seasonal Fresh Fruit

21
 Beef Meatballs over
 Penne Pasta *SC
 OR
 Honey Ham, Roasted Turkey &
 Cheddar Sandwich

-----Side Items-----
 Green Beans, Grape Tomatoes
 Seasonal Fresh Fruit

22
 Teriyaki Chicken & Veggies over
 Brown Rice
 OR
 Berry Yogurt Parfait &
 Grahams *V

-----Side Items-----
 Spinach Salad, Baby Carrots
 Seasonal Fresh Fruit

25
 100% Beef Hot Dog
 OR
 Chicken, Feta & Berry Salad &
 Breadstick

-----Side Items-----
 Crinkle Cut Fries, Bell Peppers
 Seasonal Fresh Fruit

26
 Breaded Chicken Boneless Wings
 OR
 Egg, Fruit & Cheese Pack with
 Crackers *V

-----Side Items-----
 Smiley Fries, Fresh Broccoli
 Seasonal Fresh Fruit

27
 Ground Beef Soft Tacos *SC
 OR
 Smoked Turkey & Provolone
 Wrap

-----Side Items-----
 Black Beans, Cucumber Slices
 Seasonal Fresh Fruit

28
 Pancakes & Turkey Sausage
 Links
 OR
 Hummus & Veggie Plate with
 Oven-Fired Flatbread *V

-----Side Items-----
 Tater Tots, Grape Tomatoes
 Seasonal Fresh Fruit

29
 Inservice/Clerical
 NO SCHOOL

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

