OCTOBER 2021
Pleasantview Elementary

Grains are 100% Whole Grain or Whole Grain Rich

Breakfast includes Fruit, 100% Fruit Juice variety and Milk variety. Lunch includes Veggie and Fruit Variety.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Variety Cheese Pizza Veggie Variety Fruit Variety, Milk
4 Cereal Variety w/ String Cheese Chicken Nuggets Baby Carrots & Celery Apple Milk	**5** Muffin Variety Hot Dog on a Bun Romaine Garden Salad with Cherry Tomatoes Banana Milk	**6** Grahams Variety & Yogurt Hot Ham & Cheese Sandwich RF Doritos Roasted Chickpeas 100% Fruit Juice Milk	**7** Breakfast Bread Hamburger on a Bun Ranch Veggie Salad Cucumber Salad Fruit Variety Milk	**8** Breakfast Variety Bosco Sticks w/ Marinara Romaine Caesar Salad Fruit Variety Milk
11 Cereal Variety w/ String Cheese Chicken or Cheese Quesadilla, Cucumber Slices Picante Corn Salsa Apple Milk	**12** Muffin Variety BBQ Rib Sandwich Romaine Garden Salad with Cherry Tomatoes Banana Milk	**13** Cereal Bar Variety PBJ Harvest Cheddar Sunchips Baby Carrots 100% Fruit Juice Milk	**14** Apple or Cherry Frudel Corn Dog Baked Beans Veggie Variety Fruit Variety Milk	**15** Breakfast Variety Pizza Crunchers Red Pepper Strips Applesauce Milk
18 Cereal Variety w/ String Cheese Breaded Chicken Sandwich Baby Carrots & Celery Apple Milk	**19** Muffin Variety Scalloped Potatoes & Ham Dinner Roll Romaine Garden Salad Apple Wedges Milk	**20** Grahams Variety & Yogurt Hot Ham & Cheese Sandwich RF Doritos Roasted Chickpeas 100% Fruit Juice Milk	**21** MEA Break	**22** MEA Break
25 Cereal Variety w/ String Cheese Chicken Nuggets Baby Carrots & Celery Apple Milk	**26** Muffin Variety Pasta & Meat Sauce Romaine Garden Salad with Cherry Tomatoes Banana Milk	**27** Cereal Bar Variety PBJ Harvest Cheddar Sunchips Baby Carrots 100% Fruit Juice Milk	**28** Apple or Cherry Frudel Hamburger on a Bun Ranch Veggie Salad Cucumber Salad Fruit Variety Milk	**29** Breakfast Variety Bosco Sticks w/ Marinara Romaine Caesar Salad Fruit Variety Milk

This institution is an equal opportunity provider. Menus are subject to change.