Plumas Lake Elementary Schools
August, 2016 Breakfast

Dicarrace				rugust, Loto
-		3	4	5
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Fruits	Dairy			
	Grains			
Vegetables			11	12
-	Protein			12
-			<u> </u>	
	_			
Choose	yPlate.gov)		
-			18	19
		Waffle	Breakfast Sausage Sandwich	French Toast
		Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick
		Chilled Applesauce and Seasonal Fruit	Raisins and Seasonal Fruit	100% Fruit Juice and Seasonal Fruit
22	23	24	25	
Whole Grain Doughnut	Breakfast Pizza	Bagelful	Sausage and Pancake on a Stick	Fresh Baked Cinnamon Roll
Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick
100% Apple Juice and Seasonal Fruit	Orange Smiles and Seasonal Fruit	Chilled Diced Pears and Seasonal Fruit	Fresh Apple and Seasonal Fruit	100% Fruit Juice and Seasonal Fruit
29	30	31		
Muffin Choice	Breakfast Burrito	Waffle		
Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick		
100% Orange Juice and Seasonal Fruit	Fresh Banana and Seasonal Fruit	Chilled Applesauce and Seasonal Fruit		
		<u> </u>	Monu Subi	ect To Change With

Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!

Plumas Lake Elementary Schools
August, 2016

Lunch August, 2016						
.1		3	4	5		
Fruits	Grains					
Vegetables	Protein		11	12		
ChooseM	y Plate .gov					
		17	18	19		
		Chicken Strips	Hamburger	Pepperoni Pizza Sticks		
		Grilled Cheese Sandwich	Ultra Bean and Cheese Burrito	Cheese Pizza Sticks		
		Steamed Green Beans	Potato Wedges	Marinara Dipping Cup		
22	23	24	25	26		
Fiesta Nada (Taco Pocket)	Mandarin Chichen and Rice	Chicken Nuggets	Jumbo Corn Dog	Primo Pepperoni Pizza Slice		
Cheese Enchiladas	Cheese Quesadilla	Ultra Bean and Cheese Burrito	Fruit and Yogurt Parfait	Primo Cheese Pizza Slice		
Black Beans	Roasted Carrots	Corn Cob	Seasoned Curly Fries	Hot Peas		
29	30	31				
Mac N Cheese and Corn Bread	Chicken Taquitos	Popcorn Chicken				
Sunflower Butter and Jelly Sandwich with Cheese Stick	Grilled Cheese Sandwich	Pretzel Bites with Cheese Dip				
Steamed Green Beans	Smooth Refried Beans	Roasted Sweet Potatoes				

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