

Plumas Lake Elementary Schools

December, 2016

Breakfast

 <p>Fuel up with foods from each food group</p>			1	2
			Breakfast Sausage Sandwich	French Toast
			Cereal and Cheese Stick	Cereal and Cheese Stick
			Raisins and Seasonal Fruit	100% Fruit Juice and Seasonal Fruit
5	6	7	8	9
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
12	13	14	15	16
Muffin Choice	Breakfast Burrito	Waffle	Breakfast Sausage Sandwich	Chef's Choice!
Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Chef's Choice!
100% Orange Juice and Seasonal Fruit	Fresh Banana and Seasonal Fruit	Chilled Applesauce and Seasonal Fruit	Raisins and Seasonal Fruit	Chef's Choice!
19	20	21	22	23
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Winter Break				
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
26	27	28	29	30
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Winter Break				
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY

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

Menu Subject To Change Without Notice

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Lunch

			1	2
			Spaghetti with Meat Sauce and Garlic Bread	Pepperoni Galaxy Personal Pizza
			Spaghetti with Red Sauce and Cheesy Breadstick	Cheese Galaxy Personal Pizza
			Roasted Corn	Steamed Carrots
5	6	7	8	9
Nacho Pack	Teriyaki Chicken and Rice	Mini Corn Dogs	Chicken Sandwich	Stuffed Crust Pepperoni Pizza Slice
Cheese Quesadilla	Ultra Bean and Cheese Burrito	Sunflower Butter and Jelly Sandwich with Cheese Stick	Grilled Cheese Sandwich	Stuffed Crust Cheese Pizza Slice
Salsa Cup	Baby Carrot Pack	Tasty Tator Tots	Roasted Broccoli	Steamed Green Beans
12	13	14	15	16
Spaghetti with Red Sauce and Cheesy Breadstick	Beef Crunchy Tacos	Chicken Strips	Hamburger	Chef's Choice!
Italian Calzone	Cheese Quesadilla	Grilled Cheese Sandwich	Ultra Bean and Cheese Burrito	Chef's Choice!
Roasted Broccoli	Smooth Refried Beans	Steamed Green Beans	Potato Wedges	Chef's Choice!
19	20	21	22	23
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
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