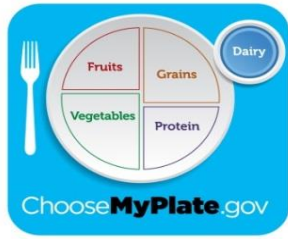


Plumas Lake Elementary Schools

Breakfast

January, 2017



	3	4	5	6
	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Winter Break				
	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
9	10	11	12	13
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
16	17	18	19	20
HOLIDAY	Breakfast Burrito	Waffle	Breakfast Sausage Sandwich	French Toast
Martin Luther King Jr. Day	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick
HOLIDAY	Fresh Banana and Seasonal Fruit	Chilled Applesauce and Seasonal Fruit	Raisins and Seasonal Fruit	100% Fruit Juice and Seasonal Fruit
23	24	25	26	27
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
30	31			
Muffin Choice	Breakfast Burrito			
Cereal and Cheese Stick	Cereal and Cheese Stick			
100% Orange Juice and Seasonal Fruit	Fresh Banana and Seasonal Fruit			

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

Menu Subject To Change Without Notice

Plumas Lake Elementary Schools

January, 2017

Lunch

 <p>Choose MyPlate.gov</p>	2	3	4	5	6
	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
	Winter Break				
	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
9	10	11	12	13	
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	
16	17	18	19	20	
HOLIDAY	Chicken Taquitos	Popcorn Chicken	Spaghetti with Meat Sauce and Garlic Bread	Pepperoni Galaxy Personal Pizza	
Martin Luther King Jr. Day	Grilled Cheese Sandwich	Pretzel Bites with Cheese Dip	Spaghetti with Red Sauce and Cheesy Breadstick	Cheese Galaxy Personal Pizza	
HOLIDAY	Smooth Refried Beans	Roasted Sweet Potatoes	Roasted Corn	Steamed Carrots	
23	24	25	26	27	
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	
30	31				
Spaghetti with Red Sauce and Cheesy Breadstick	Beef Crunchy Tacos				
Italian Calzone	Cheese Quesadilla				
Roasted Broccoli	Smooth Refried Beans				

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

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