

Plumas Lake Elementary Schools

Breakfast

October, 2016

3	4	5	6	7
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
10	11	12	13	14
Muffin Choice	Breakfast Burrito	Waffle	Breakfast Sausage Sandwich	French Toast
Cereal and Cheese Stick	Cereal and Cheese Stick	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	Raisins and Seasonal Fruit	100% Fruit Juice and Seasonal Fruit
17	18	19	20	21
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
24	25	26	27	28
Muffin Choice	Breakfast Burrito	Waffle	Breakfast Sausage Sandwich	French Toast
Cereal and Cheese Stick	Cereal and Cheese Stick	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	Raisins and Seasonal Fruit	100% Fruit Juice and Seasonal Fruit
31				
HOLIDAY				
HOLIDAY				
HOLIDAY				

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

Menu Subject To Change Without Notice

Plumas Lake Elementary Schools

October, 2016

Lunch

3	4	5	6	7
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
10	11	12	13	14
Spaghetti with Red Sauce and Cheesy Breadstick	Beef Crunchy Tacos	Chicken Strips	Hamburger	Pepperoni Pizza Sticks
Italian Calzone	Cheese Quesadilla	Grilled Cheese Sandwich	Ultra Bean and Cheese Burrito	Cheese Pizza Sticks
Roasted Broccoli	Smooth Refried Beans	Steamed Green Beans	Potato Wedges	Marinara Dipping Cup
17	18	19	20	21
Fiesta Nada (Taco Pocket)	Mandarin Chicken 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
24	25	26	27	28
Mac N Cheese and Corn Bread	Chicken Taquitos	Popcorn Chicken	Spaghetti with Meat Sauce and Garlic Bread	Pepperoni Galaxy Personal Pizza
Sunflower Butter and Jelly Sandwich with Cheese Stick	Grilled Cheese Sandwich	Pretzel Bites with Cheese Dip	Spaghetti with Red Sauce and Cheesy Breadstick	Cheese Galaxy Personal Pizza
Steamed Green Beans	Smooth Refried Beans	Roasted Sweet Potatoes	Roasted Corn	Steamed Carrots
31				
HOLIDAY				
HOLIDAY				
HOLIDAY				

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