

# Plumas Lake Elementary Schools

## Breakfast

## October, 2017

2	3	4	5	6
Holiday	Breakfast Burrito Breakfast Cereal (Served with a Cheese Stick) Orange Smiles and Seasonal Fruit	Bagel with Cream Cheese or Jelly Breakfast Cereal (Served with a Cheese Stick) Chilled Diced Pears and Seasonal Fruit	Sausage and Pancake Breakfast on a Stick Breakfast Cereal (Served with a Cheese Stick) Fresh Apple and Seasonal Fruit	Fresh Baked Cinnamon Roll Breakfast Cereal (Served with a Cheese Stick) 100% Fruit Juice and Seasonal Fruit
9	10	11	12	13
Breakfast Fruit and Yogurt Parfait Breakfast Cereal (Served with a Cheese Stick) 100% Orange Juice and Seasonal Fruit	Turkey Sausage Breakfast Pizza Breakfast Cereal (Served with a Cheese Stick) Fresh Banana and Seasonal Fruit	Pancakes Breakfast Cereal (Served with a Cheese Stick) Chilled Applesauce and Seasonal Fruit	Breakfast Sausage Sandwich Breakfast Cereal (Served with a Cheese Stick) Raisins and Seasonal Fruit	Fresh Baked Muffin Squares Breakfast Cereal (Served with a Cheese Stick) 100% Fruit Juice and Seasonal Fruit
16	17	18	19	20
Yoplait Fruit Smoothies and Graham Crackers Breakfast Cereal (Served with a Cheese Stick) 100% Apple Juice and Seasonal Fruit	Breakfast Burrito Breakfast Cereal (Served with a Cheese Stick) Orange Smiles and Seasonal Fruit	Bagel with Cream Cheese or Jelly Breakfast Cereal (Served with a Cheese Stick) Chilled Diced Pears and Seasonal Fruit	Pancakes Breakfast Cereal (Served with a Cheese Stick) Chilled Applesauce and Seasonal Fruit	Fresh Baked Cinnamon Roll Breakfast Cereal (Served with a Cheese Stick) 100% Fruit Juice and Seasonal Fruit
23	24	25	26	27
Breakfast Fruit and Yogurt Parfait Breakfast Cereal (Served with a Cheese Stick) 100% Orange Juice and Seasonal Fruit	Turkey Sausage Breakfast Pizza Breakfast Cereal (Served with a Cheese Stick) Fresh Banana and Seasonal Fruit	Pancakes Breakfast Cereal (Served with a Cheese Stick) Chilled Applesauce and Seasonal Fruit	Breakfast Sausage Sandwich Breakfast Cereal (Served with a Cheese Stick) Raisins and Seasonal Fruit	Fresh Baked Muffin Squares Breakfast Cereal (Served with a Cheese Stick) 100% Fruit Juice and Seasonal Fruit
30	31			
Yoplait Fruit Smoothies and Graham Crackers Breakfast Cereal (Served with a Cheese Stick) 100% Apple Juice and Seasonal Fruit	Breakfast Burrito Breakfast Cereal (Served with a Cheese Stick) Orange Smiles and Seasonal Fruit			

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

# Plumas Lake Elementary Schools

Lunch

October, 2017

2	3	4	5	6
Holiday	Teriyaki Chicken with Chow Mein or Rice Veggie Egg Roll with Chow Mein or Rice Stir Fry Veggies	Mini Corn Dogs Fruit and Yogurt Parfait Roasted Sweet Potatoes	Breakfast for Lunch - Pancakes and Sausage Breakfast for Lunch - Pancakes and Yogurt Tasty Tator Tots	Domino's Pepperoni Smart Slice Pizza Domino's Cheesey Smart Slice Pizza Roasted Broccoli
9	10	11	12	13
Mac N Cheese served with Corn Bread Baked Cheese Breadsticks and Pizza Roasted Corn	Crunchy Beef Tacos Cheese Quesadilla Smooth Refried Beans	Chicken Strips Grilled Cheese Sandwich Steamed Green Beans	Hamburger Veggie Burger Seasoned Potato Wedges	Primo Pepperoni Pizza Slice Primo Cheese Pizza Slice Roasted Carrot Coins
16	17	18	19	20
Cheese Enchiladas Cheese Quesadilla Black Beans	Mandarin Chicken with Chow Mein or Rice Veggie Egg Roll with Chow Mein or Rice Stir Fry Veggies	Jumbo Corn Dog Fruit and Yogurt Parfait Seasoned Curly Fries	Pasta with Meat Sauce, served with Garlic Bread Pasta with Red Sauce, served with Mozzarella Roasted Broccoli	Domino's Pepperoni Smart Slice Pizza Domino's Cheesey Smart Slice Pizza Roasted Sweet Potatoes
23	24	25	26	27
Chili Cheese Fries Baked Cheesey Breadsticks and Pizza Steamed Green Beans	Chicken Taquitos Ultra Bean and Cheese Burrito Smooth Refried Beans	Chicken Nuggets Cheesey Crossiant Pinwheel Sauteed Spinach	Breaded Chicken Sandwich Goey Grilled Cheese Sandwich Steamed Carrot Coins	Pepperoni Galaxy Personal Pizza Cheese Galaxy Personal Pizza Tasty Tator Tots
30	31			
Nacho Pack Cheese Quesadilla Salsa Cup	Teriyaki Chicken with Chow Mein or Rice Veggie Egg Roll with Chow Mein or Rice Stir Fry Veggies			

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