

# Plumas Lake Elementary Schools

## Breakfast

Septemer, 2017

				1
				Fresh Baked Muffin Squares Breakfast Cereal (Served with a Cheese Stick) 100% Fruit Juice and Seasonal Fruit
4	5	6	7	8
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
11	12	13	14	15
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	Bagel with Cream Cheese or Jelly Breakfast Cereal (Served with a Cheese Stick) Chilled Diced Pears and Seasonal Fruit	Fresh Baked Muffin Squares Breakfast Cereal (Served with a Cheese Stick) 100% Fruit Juice and Seasonal Fruit
18	19	20	21	22
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	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
25	26	27	28	29
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

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

# Plumas Lake Elementary Schools

Lunch

September, 2017

				1
				Pepperoni Galaxy Personal Pizza Cheese Galaxy Personal Pizza Tasty Tator Tots
4	5	6	7	8
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
11	12	13	14	15
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
18	19	20	21	22
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
25	26	27	28	29
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 Gooley Grilled Cheese Sandwich Steamed Carrot Coins	Pepperoni Galaxy Personal Pizza Cheese Galaxy Personal Pizza Tasty Tator Tots

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