

# Harvest of the Month



Network for a Healthy California



## PEARS

Circle all pears on the menu.

- How many did you find?
- What do you like best about pears?
- How many pears do you plan to eat this week?

# PLESD Elementary Schools

## Breakfast

November, 2018

			1	2
			Breakfast Fruit Smoothie	Fresh Baked Cinnamon Rolls
			Bagel + Cream Cheese	Bagel + Cream Cheese
			Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
5	6	7	8	9
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
12	13	14	15	16
		Sausage Pancake on a Stick	Fresh Baked Muffin Squares	Breakfast Fruit Smoothie
		Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
		Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
19	20	21	22	23
26	27	28	29	30
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick

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



[www.MYSchoolBucks.com](http://www.MYSchoolBucks.com)



@PLESDWellness



\*Menus subject to change without notice\*

Want a warm start to your morning? Cut a pear in half, remove the stem and seeds, and bake it at 350 degrees for about 20 minutes. Sprinkle with cinnamon and whole grain granola and you're ready to rock!

Monitor your student's account and make credit or debit payments online with [www.MYSchoolBucks.com](http://www.MYSchoolBucks.com)

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## PEARS

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Lunch

November, 2018

			1	2
			Rib B Que Sandwich	Smart Slice - Pepperoni
			Veggie Burger	Smart Slice - Cheese
			Seasoned Fries	Garlic Steamed Green Beans
5	6	7	8	9
Pasta with Red Sauce and Cheese Breadstick	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken	Primo Pepperoni Pizza
Pizza Bites and Sauce	Black Bean and Rice Bowl	Toasted Mozzarella Pinwheel	Stir Fry Edemame Bowl	Primo Cheese Pizza
Oven Roasted Parmesan Broccoli	Fajita Peppers and Onions	Roasted Corn	Stir Fry Veggies	
12	13	14	15	16
Chicken Quesadilla		Chicken Nuggets	Hamburger	Smart Slice - Pepperoni
Cheese Quesadilla		Fruit and Yogurt Parfait	Veggie Burger	Smart Slice - Cheese
Fajita Peppers and Onions		Roasted Parmesan Broccoli	Seasoned Fries	
19	20	21	22	23
<b>11/15/18 - National Clean Out The Fridge Day!</b>				
26	27	28	29	30
Chili Cheese Tot-chos	Beef Crunchy Tacos (2) and Rice	Breakfast for Lunch - Sausage Links + Pancakes	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Slticks
Soft Pretzel and Cheese Sauce	Black Bean and Rice Bowl	Breakfast for Lunch - Scramble Square + Pancakes	Edemame Bowl	Bosco's Cheese Pizza Sticks
Sauteed Spinach Greens	Smooth Refried Beans	Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce

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It's that time of year—pears make a great snack after school. Slice a pear into long “fingers” and pair with your favorite cheese for an afternoon pick-me-up!

We're proud to offer our students California grown foods!