


Plumas Lake Elementary School District October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions or concerns, Contact Nutrition Services (530) 743-4428 x770 or mdelong@plusd.org</p>				<p>1 Breakfast Chocolate Chip Muffins Gala Apple 1% White Milk Lunch Turkey and Cheese on a Roll Edamame Grapes Non Fat Chocolate Milk</p>	<p>2 Breakfast Mini Cinnis Banana 1% White Milk Lunch Pepperoni Pizza Celery Sticks Orange Ranch Dressing Non Fat Chocolate Milk</p>	<p>3 Breakfast Mini Blueberry Pancakes Juice 1% White Milk Lunch Taco Pocket Cucumber Slices Plum Animal Crackers Non Fat Chocolate Milk</p>
<p>4 </p>	<p>5 Breakfast Honey Scooter Cereal Orange Juice 1% White Milk Lunch Mini Twin Grilled Chicken w/Pepper Jack Cheese Broccoli Florets Plum Scooby Doo Graham Sticks Non Fat Chocolate Milk</p>	<p>6 Breakfast Mini Waffle Maple Madness Red Apple 1% White Milk Lunch Chicken & Green Chili Tamale Baby Carrots Salsa Granny Smith Apple Non Fat Chocolate Milk</p>	<p>7 Breakfast Apple Frudel Craisins 1% White Milk Lunch Grilled Cheese Tater Tots Fruit Cup Chocolate Chip Cookie Non Fat Chocolate Milk</p>	<p>8 Breakfast Cereal Melon Bites 1% White Milk Lunch Cheeseburger Sliders Tater Tots Pear Cheez-It Crackers Non Fat Chocolate Milk</p>	<p>9 Breakfast Cinnamon Roll Banana 1% White Milk Lunch Cheese Pizza Sliders Celery Sticks Plum Ranch Dressing Craisins Non Fat Chocolate Milk</p>	<p>10 Breakfast Apple Breakfast Bites Orange Juice 1% White Milk Lunch Bean & Cheese Burrito Broccoli Florets Gala Apple Animal Crackers Non Fat Chocolate Milk</p>

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<p>11</p> 	<p>Columbus Day 12</p> <p>Breakfast Mini Pancakes Fruit Cup 1% White Milk</p> <p>Lunch Mini Chicken Tacos Salsa Carrots Green Apple Sour Cream Non Fat Chocolate Milk</p>	<p>13</p> <p>Breakfast Pancake and Sausage on a Stick Apple Juice 1% White Milk</p> <p>Lunch Pull Apart Marinara Sauce Grapes Chocolate Chip Cookie Non Fat Chocolate Milk</p>	<p>14</p> <p>Breakfast Benefit Bar Orange 1% White Milk</p> <p>Lunch Ham & Cheese Hoagie Grape Tomatoes Red Apple Doritos Non Fat Chocolate Milk</p>	<p>15</p> <p>Breakfast Chicken Sausage Biscuit Melon Bites 1% White Milk</p> <p>Lunch Corn Dogs Tater Tots Pear Scooby Doo Graham Sticks Non Fat Chocolate Milk</p>	<p>16</p> <p>Breakfast Pop Tarts Banana 1% White Milk</p> <p>Lunch Pepperoni Pizza Celery Sticks Plum Ranch Dressing Craisins Non Fat Chocolate Milk</p>	<p>17</p> <p>Breakfast Cereal Apple Juice 1% White Milk</p> <p>Lunch Taco Pocket Broccoli Florets Gala Apple Fruit by the Foot Non Fat Chocolate Milk</p>
<p>18</p> 	<p>19</p> <p>Breakfast Mini Waffles Fruit Cup 1% White Milk</p> <p>Lunch Taco Stick Salsa Carrots Green Apple Sour Cream Non Fat Chocolate Milk</p>	<p>20</p> <p>Breakfast Bagel & Cream Cheese Apple Juice 1% White Milk</p> <p>Lunch Chicken Dumplings Edamame Grapes Chocolate Chip Cookie Non Fat Chocolate Milk</p>	<p>21</p> <p>Breakfast Frudel Orange 1% White Milk</p> <p>Lunch Turkey & Cheese Croissant Grape Tomatoes Red Apple Rice Krispie Treat Non Fat Chocolate Milk</p>	<p>22</p> <p>Breakfast Cereal Melon Bites 1% White Milk</p> <p>Lunch Cheeseburger Sliders Tater Tots Pear Scooby Doo Graham Sticks Non Fat Chocolate Milk</p>	<p>23</p> <p>Breakfast Cinnamon Roll Banana 1% White Milk</p> <p>Lunch Cheese Pizza Sliders Celery Sticks Plum Ranch Dressing Craisins Non Fat Chocolate Milk</p>	<p>24</p> <p>Breakfast Apple Breakfast Bites Orange Juice 1% White Milk</p> <p>Lunch Bean & Cheese Burrito Broccoli Florets Gala Apple Fruit by the Foot Non Fat Chocolate Milk</p>
<p>25</p> 	<p>26</p> <p>Breakfast Mini Pancakes Fruit Cup 1% White Milk</p> <p>Lunch Mini Chicken Tacos Salsa Carrots Green Apple Sour Cream Non Fat Chocolate Milk</p>	<p>27</p> <p>Breakfast Pancake and Sausage on a Stick Apple Juice 1% White Milk</p> <p>Lunch Pull Apart Marinara Sauce Grapes Chocolate Chip Cookie Non Fat Chocolate Milk</p>	<p>28</p> <p>Breakfast Benefit Bar Orange 1% White Milk</p> <p>Lunch Ham & Cheese Hoagie Grape Tomatoes Red Apple Cool Ranch Doritos Non Fat Chocolate Milk</p>	<p>29</p> <p>Breakfast Chicken Sausage Biscuit Melon Bites 1% White Milk</p> <p>Lunch Corn Dogs Tater Tots Pear Pumpkin Cookie Non Fat Chocolate Milk</p>	<p>30</p> <p>Breakfast Strawberry Pop Tarts Banana 1% White Milk</p> <p>Lunch Pepperoni Pizza Celery Sticks Plum Ranch Dressing Craisins Non Fat Chocolate Milk</p>	<p>31</p> <p>Breakfast Cereal Apple Juice 1% White Milk</p> <p>Lunch Taco Pocket Broccoli Florets Gala Apple Chillin Bat Ice Orange Cups Non Fat Chocolate Milk</p>

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