

December 2016

Pleasantdale

LUNCH



School Information: MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY
****Milk and Salad/Fresh Fruit Bar offered daily ...**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday



Thursday

Friday

Popcorn Chicken
 French Fries
 Fresh Broccoli **5**

Cheesy Rotini
 WG Garlic Bread
 Yellow Squash **6**

Beef Tacos
 Lettuce/Tomato Salad
 Red Pepper Strips **7**

Slice Cheese Pizza
 Frozen Fruit Cup
 Baby Carrots
 Hummus **1**

Nachos
 Romaine Lettuce & Salsa
 Roasted Corn & Black Beans **2**

Chicken Chips
 WG Sweet Potato Waffle Fries
 California Blend **12**

Strawberry Pancake
 Sausage
 Cheese Hash Browns **13**

Cheese Bread Sticks/ Marinara
 Sweet Peas **14**

Slice Cheese Pizza
 Frozen Fruit Cup
 Baby Carrots
 Hummus **8**

BBQ Chicken
 Cheese Rice
 California Blend Veggies **9**

Slice Cheese Pizza
 Frozen Fruit Cup
 Baby Carrots **15**

Hot Dog
 Pickled Cucumber
 Baked Beans **16**

WG Chicken Nuggets
 Golden Corn **19**

Cheese Ravioli
 WG Garlic Bread
 Garden Salad **20**

Chicken/Cheese
 WG Sub
 Potato Wedges
 Green Beans **21**

Slice Cheese Pizza
 Frozen Fruit Cup
 Red Pepper/Hummus **22**

23

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