

Pleasants County Schools August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Grab and Go Breakfasts include the same items offered in the cafeteria line.	For breakfast, only the entrée & fruit are listed in the menu; however, juices, milk and cereal are also served/available.	Chocolate, white, strawberry & vanilla milk are served at all schools for breakfast & lunch.	A salad / fruit bar is available at no additional charge to middle/high school students in addition to their meal.	*Designates made from scratch products.
Welcome Back!				
21 Egg & Cheese Sliders & Cutie Meatball & Mozzarella Sub *Spinach Salad Stoplight Pepper Strips Pear Slices	22 Banana Bread, Yogurt & Mixed Fruit Hotdog with Sauce* *Three Bean Bake Coleslaw Cinnamon Applesauce	23 Breakfast Pizza & Apple *Mandarin Chicken Veggie Fried Rice Broccoli w/ Ranch Fresh Banana	17 Piggletstick & Applesauce Cup Chicken Patty on Bun Lettuce, tomato, pickle, onion Scalloped Potatoes Baby Lima Beans Red Delicious Apple	18 Cinnamon Roll & Fresh Pear Pepperoni or Cheese Pizza Buttered Corn Tossed Garden Salad *Mandarin Orange Fluff
24 Egg & Sausage Biscuit & Flavored Raisins Salisbury Steak & Gravy Mashed Potatoes Green Beans Millie's Honey Wheat Roll w/ butter Orange Wedges	25 Super Bun & Pineapple Hot Ham & Cheese Sandwich French Fries Carrot & Celery Sticks w/ WOW Fresh Grapes	28 Waffles & Applesauce Cup *Chicken & Noodles *Copper Carrots Mixed Fruit Cocktail Frozen Cherry Smoothie	29 Chocolate Oatmeal Breakfast Bar and Flavored Raisins *Homemade Pepperoni Rolls Tossed Garden Salad Mozzarella Cheese Stick Golden Delicious Apple	30 Chicken Biscuit Sandwich & Banana *Taco Salad or Taco in a Bag Salsa & sour cream Raspberry or Apple Churro Pineapple Chunks
31 Bacon, Egg, Cheese Croissant & Apple Chicken Nuggets w/ dipping sauce Tater Tots Broccoli w/ cheese Fresh Banana	If you have questions about meals, nutritional standards or how to apply online for free/reduced meals, call Kristi @ 304-684-3047			

Parents! Apply for free/reduced price meals online. Save time and paper. One application per family.
Go to: www.schoolcafe.com or use the School Café link on the Pleasants County Schools website.