

Pleasants County Schools October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Waffles & Applesauce Cup</p> <p>Fish Nuggets w/tartar sauce *Macaroni & Cheese Peas Mandarin Oranges</p>	<p>3 Super Doughnut & Grapes</p> <p>Hot Ham & Cheese on Bun Sweet Potato Bites Coleslaw or Power Slaw Frozen Fruit Cup or Bar</p>	<p>4 Chicken Biscuit & Banana</p> <p>*Spaghetti w/meat sauce Tossed Garden Salad Cheesy Breadstick Pear Slices</p>	<p>5 Banana Muffin, Yogurt & Cutie</p> <p>Turkey, Bacon & Cheese Sub Sandwich w/ lettuce, tomato, onion, pickles, banana peppers Baked Lays or Sun Chips Peach Slices</p>	<p>6 Breakfast Bar & Pineapple</p> <p>Piggletstick w/syrup Hash Browns Yogurt Parfaits Melon</p>
<p>9 French Toast & Apple Slices</p> <p>Teriyaki Chicken Stir Fried Rice Steamed or Raw Broccoli Pineapple Fortune Cookie</p>	<p>10 Super Doughnut/Bun & Grapes</p> <p>Chicken Cheese Quesadilla w/ salsa Refried Beans Fresh Garden Salad Peach Slices</p>	<p>11 Blueberry Bagel w/ Cream Cheese & Banana</p> <p>Pork Rib Pattie on a Bun Potato Wedges Coleslaw Banana</p>	<p>12 Cinnamon Roll & Applesauce Cup</p> <p>*Chili w/Cornbread or PBJ Sandwich Carrot & Celery Sticks w/ranch dip Cheese Stick Pears</p>	<p>13 Cereal & Fresh Pear</p> <p>Scrambled Eggs & Sausage Links Hash Browns Biscuits w/ jelly Fresh Fruit Cherry Star Juice</p>
<p>16 Egg & Cheese Wrap & Cutie</p> <p>*Sloppy Joes on Bun Sweet Potato Coins Fresh Broccoli w/ Ranch dip Pineapple</p>	<p>17 Banana Bread, Yogurt & Mixed Fruit</p> <p>Hot Dog w/Sauce* Baked Beans Coleslaw Applesauce</p>	<p>18 Breakfast Pizza & Fresh Apple</p> <p>Fish Sandwich w/tartar sauce Green Beans French Fries Strawberries & Cream</p>	<p>19 Sausage Gravy & Biscuit & Raisins</p> <p>Chicken Pattie Sandwich Au Gratin Potatoes Baby Lima Beans Fresh Apple</p>	<p>20 Breakfast Bar & Pineapple</p> <p>*Pepperoni or Cheese Pizza Garden Salad Buttered Corn Banana</p>
<p>23 Pancakes & Applesauce Cup</p> <p>Meatball Sub Sandwich w/ mozzarella cheese Fresh or Sautéed Stoplight Peppers Carrot Sticks w/ranch Pears</p>	<p>24 Super Bun & Flavored Raisins</p> <p>Bacon, Egg & Cheese Croissant Hash Browns *Yogurt Parfaits Dragon Fruit or Cherry Star Punch</p>	<p>25 Sausage Biscuit & Banana</p> <p>*Cheesy Chicken Casserole California Blend Veggies Garden Salad Peach Slices</p>	<p>26 Egg & Cheese Croissant & Apple</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Green Beans Millie's Pull Apart Roll w/butter Orange Wedges</p>	<p>27 Super Bun & Flavored Raisins</p> <p>Corn Dog Mixed Veggies Baked Lays or Sun Chips Cherry Applesauce</p>
<p>30 TacGo Wrap & Mixed Fruit</p> <p>*Chicken & Noodles Copper Carrots Cheesy Breadstick Mixed Fruit</p>	<p>31 Cereal & Fresh Fruit</p> <p>*Homemade Pepperoni Rolls Tossed Garden Salad Mozzarella Cheese Stick Orange sherbet Fresh Apple</p>	<p>Happy Halloween!</p> 	<p>Grab and Go Breakfasts include the same items offered in the cafeteria line at breakfast. For breakfast, only the entrée & fruit are listed in the menu; however, juices, milk and cereal are also served/available.</p> <p>*Designates made from scratch products.</p>	<p>A salad / fruit bar is available at no additional charge to middle/high school students in addition to their meal</p> <p>Chocolate, white & strawberry milk are served at all schools for breakfast & lunch.</p>