


Pleasants County Schools September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Grab and Go Breakfasts include the same items offered in the cafeteria line</p> <p>For breakfast, only the entrée & fruit are listed in the menu; however, juices, milk and cereal are also served/available.</p> <p style="text-align: center;">*Made from scratch products.</p>	<p>Chocolate, white and strawberry milk are served at all schools for breakfast & lunch.</p> <p style="text-align: center;">A salad / fruit bar is available at no additional charge to middle/high school students in addition to their meal.</p>
	<p>4 French Toast and Apple Slices</p> <p>Fish Nugget *Macaroni & Cheese Broccoli Mandarin Oranges</p>	<p>5 Super doughnuts and Grapes</p> <p>Corn Dog Mixed Veggies Sun Chips Cherry Applesauce</p>	<p>6 Blueberry Bagel w/cream cheese and Banana *Lasagna Tossed Garden Salad Millie's Garlic Bread Sticks Pear Slices</p>	<p>7 Cinnamon Roll and Applesauce</p> <p>Breaded Chicken Strips or Clux Deluxe Biscuit w/butter & jelly French Fries Fresh Fruit Mix</p>
<p>10 Piggletstick and Fresh Peach</p> <p>Honey Ham & Cheese Sub Sandwich w/lettuce, tomato, pickles, onion Baked Lays Tangelos</p>	<p>11 Cereal, Grahams and Grapes</p> <p>*Chicken Biscuit Pot Pie Peas and Carrots Mixed Fruit Cocktail Lime Sherbet</p>	<p>12 Super Doughnut and Grapes</p> <p>Ham, Egg & Cheese Croissant Hash Browns *Yogurt parfaits Fresh melon Mix</p>	<p>13 Sausage Biscuit and Raisins</p> <p>*Chili w/cornbread or PBJ Sandwich Carrot and Celery Sticks w/ranch dip Cheddar Cheese Stick Fruited Jello</p>	<p>14 Zucchini Bread, Yogurt & Fruit</p> <p>Cheese Quesadilla w/salsa Refried Beans Cucumbers and Grape Tomatoes Watermelon</p>
<p>17 Waffles and Applesauce Cup</p> <p>*Sloppy Joe on Bun Sweet Potatoe Bites w/ranch dip Fresh Broccoli Pineapple</p>	<p>18 Super Bun and Raisins</p> <p>Hot Dog w/sauce* Baked Beans Coleslaw Strawberry Applesauce</p>	<p>19 Chicken Biscuit and Banana Fish Sandwich w/tartar sauce French Fries Green Beans Frozen Fruit Cups</p>	<p>20 Bacon, Egg & Cheese Croissant and Apple Grilled Chicken Breast Au Gratin Potatoes Green Peas Millie's Honey Wheat Dinner Roll Pear Slices</p>	<p>21 Blueberry Muffin, Yogurt and Cutie</p> <p>*Pepperoni or Cheese Pizza Tossed Garden Salad Buttered Corn Peaches</p>
<p>24 French Toast and Apple Slices</p> <p>*Philly cheese Steak Sub Sandwich Fresh or Sauteed Stoplight Peppers and Onions *Spinach Salad Pears</p>	<p>25 Breakfast Bar and Pineapple</p> <p>*Pepperoni Rolls Tossed Garden Salad Mozzarella Cheese Stick Fresh Apple</p>	<p>26 Breakfast Pizza and Cutie</p> <p>Chicken Fajitas on Wheat Wrap w/lettuce, tomatoes, cheese & salsa *Seasoned Rice Buttered Corn Frozen Fruit Cup</p>	<p>27 Blueberry Bagel w/Cream Cheese and Banana Salisbury Steak w/gravy Mashed Potatoes Green Beans Millie's Honey Wheat Dinner roll Orange Wedges</p>	<p>28 Cereal, Grahams and Apple</p> <p>Pulled Pork on Bun Onion Rings Power Slaw or Coleslaw Banana</p>