

Pleasants County Schools October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Waffles & Applesauce Cup</p> <p>Fish Nuggets w/tartar sauce *Macaroni & Cheese Peas Mandarin Oranges</p>	<p>2 Super Doughnut & Grapes</p> <p>Hot Ham & Cheese on Bun Sweet Potato Bites Coleslaw or Power Slaw Frozen Fruit Cup or Bar</p>	<p>3 Chicken Biscuit & Banana</p> <p>*Spaghetti w/meat sauce Tossed Garden Salad Cheesy Breadstick Pear Slices</p>	<p>4 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>5 Breakfast Bar & Pineapple</p> <p>Piggletstick w/syrup Hash Browns Yogurt Parfaits Melon</p>
<p>8 French Toast & Apple Slices</p> <p>Teriyaki Chicken Stir Fried Rice Steamed or Raw Broccoli Pineapple Fortune Cookie</p>	<p>9 Super Doughnut/Bun & Grapes</p> <p>Chicken Cheese Quesadilla w/salsa Refried Beans Fresh Garden Salad Peach Slices</p>	<p>10 Blueberry Bagel w/Cream Cheese & Banana</p> <p>Pork Rib Pattie on a Bun Potato Wedges Coleslaw Banana</p>	<p>11 Cinnamon Roll & Applesauce Cup</p> <p>*Chili w/Cornbread or PBJ Sandwich Carrot & Celery Sticks w/ranch dip Cheese Stick Pears</p>	<p>12 Cereal & Fresh Pear</p> <p>Scrambled Eggs & Sausage Links Hash Browns Biscuits w/jelly Fresh Fruit Cherry Star Juice</p>
<p>15 Egg & Cheese Wrap & Cutie</p> <p>*Sloppy Joes on Bun Sweet Potato Coins Broccoli w/Ranch Dip Pineapple</p>	<p>16 Banana Bread, Yogurt & Mixed Fruit</p> <p>Hot Dog w/*Sauce Baked Beans Cole Slaw Applesauce</p>	<p>17 Breakfast Pizza & Fresh Apple</p> <p>Fish Sandwich w/tartar sauce Green Beans French Fries Strawberries & Cream</p>	<p>18 Sausage Biscuit & Raisins</p> <p>Chicken Pattie Sandwich Au Gratin Potatoes Baby Lima Beans Fresh Apple</p>	<p>19 Breakfast Bar & Pineapple</p> <p>*Pepperoni or Cheese Pizza Garden Salad Buttered Corn Banana</p>
<p>22 Pancakes & applesauce Cup</p> <p>Meatball Sub Sandwich w/mozzarella cheese Fresh or Sautéed Stoplight Peppers Carrot Sticks w/ranch Pears</p>	<p>23 Super Bun & Cutie</p> <p>Bacon, Egg & Cheese Croissant Hash Browns *Yogurt Parfaits Dragon Fruit or Cherry Star Punch</p>	<p>24 Sausage Biscuit & Banana</p> <p>*Cheesy Chicken Casserole California Blend Veggies Garden Salad Peach Slices</p>	<p>25 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>26 Super Bun & Grapes</p> <p>Corn Dog Mixed Veggies Baked Lays or Sun Chips Cherry Applesauce</p>
<p>29 TacGo Wrap & Mixed Fruit</p> <p>*Chicken & Noodles Copper Carrots Cheesy Breadstick Mixed Fruit</p>	<p>30 Cereal & Fresh Fruit</p> <p>*Homemade Pepperoni Rolls Tossed Garden Salad Mozzarella Cheese Stick Orange Sherbet Fresh Apple</p>	<p>31 Banana Bread, Yogurt and Mixed Fruit</p> <p>Sausage Gravy on a Biscuit Tater Tots Fresh Fruit Salad Mango Wango Juice</p>	<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>*Made from scratch products.</p>	<p>Chocolate, white and strawberry milk are served at all schools for breakfast & lunch.</p> <p>A salad / fruit bar is available to middle/high school students in addition to their meal.</p>

Happy Halloween

