

## Pleasants County Schools September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grab and Go Breakfasts include the same items offered in the cafeteria line at breakfast. For breakfast, only the entrée &amp; fruit are listed in the menu; however, juices, milk and cereal are also served/available.</p>	<p>Chocolate, white, strawberry &amp; vanilla milk are served at all schools for breakfast &amp; lunch. *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>1 Blueberry Muffin, Yogurt &amp; Cutie</p> <p>Cheeseburger on Bun w/ lettuce, tomatoes &amp; pickles Onion Rings Carrot Sticks w/ Ranch Dip Peach Slices</p>
<p>4</p> <p><b>No School Labor Day Honor Those Who Work</b></p>	<p>5 French Toast &amp; Apple Slices</p> <p>Fish Nuggets *Macaroni &amp; Cheese Broccoli Mandarin Oranges</p>	<p>6 Super Doughnuts &amp; Grapes</p> <p>Corn Dog Mixed Veggies Sun Chips Cherry Applesauce</p>	<p>7 Blueberry Bagel w/cream cheese &amp; Banana *Lasagna Tossed Garden Salad Millie's Garlic Bread Sticks Pear Slices</p>	<p>8 Cinnamon Roll &amp; Applesauce</p> <p>Breaded Chicken Strips or Clux Deluxe Biscuit w/butter &amp; jelly French Fries Fresh Fruit Mix</p>
<p>11 Piggletstick &amp; Fresh Peach</p> <p>Honey Ham &amp; Cheese Sub Sandwich w/lettuce, tomato, pickles, onion Baked Lays Tangelos</p>	<p>12 Cereal, Grahams &amp; Grapes</p> <p>*Chicken Biscuit Pot Pie Peas &amp; Carrots Mixed Fruit Cocktail Lime Sherbet</p>	<p>13 Super Doughnut &amp; Grapes</p> <p>Ham, Egg &amp; Cheese Croissant Hash Browns *Yogurt Parfaits Fresh Melon Mix</p>	<p>14 Sausage Biscuit &amp; Raisins</p> <p>*Chili w/cornbread or PBJ sandwich Carrot &amp; Celery Sticks w/Ranch Dip Cheddar Cheese Stick Fruited Jello</p>	<p>15 Zucchini Bread, Yogurt &amp; Fruit</p> <p>Cheese Quesadilla w/Salsa Refried Beans Cucumbers &amp; Grape Tomatoes Watermelon</p>
<p>18 Waffles &amp; Applesauce Cup</p> <p>*Sloppy Joe on Bun Sweet Potato Bites w/ Ranch Dip Fresh Broccoli Pineapple</p>	<p>19 Super Bun &amp; Flavored Raisins</p> <p>Hot Dog w/ Sauce* Baked Beans Coleslaw Strawberry Applesauce</p>	<p>20 Chicken Biscuit &amp; Banana</p> <p>Fish Sandwich w/tartar sauce French Fries Green Beans Frozen Fruit Cups</p>	<p>21 Bacon, Egg, Cheese Croissant &amp; Apple</p> <p>Grilled Chicken Breast Au Gratin Potatoes Green Peas Millie's Honey Wheat Dinner Roll Pear Slices</p>	<p>22 Blueberry Muffin, Yogurt &amp; Cutie</p> <p>*Pepperoni or Cheese Pizza Tossed Garden Salad Buttered Corn Peaches</p>
<p>25 French Toast &amp; Apple Slices</p> <p>*Philly Cheese Steak Sub Sandwich Fresh or Sauteed Stoplight Peppers &amp; Onions *Spinach Salad Pears</p>	<p>26 Breakfast Bar &amp; Pineapple</p> <p>*Pepperoni Rolls Tossed Garden Salad Mozzarella Cheese Stick Fresh Apple</p>	<p>27 Blueberry Bagels w/ Cream Cheese &amp; Banana</p> <p>Chicken Fajitas on Wheat Wrap w/ Lettuce, Tomatoes, Cheese &amp; Salsa *Seasoned Rice Buttered Corn Frozen Fruit Cup</p>	<p>28 Blueberry Bagel w/cream cheese &amp; banana</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Millie's Honey Wheat Dinner Roll Orange Wedges</p>	<p>29 Breakfast Bar &amp; Pineapple</p> <p>Pulled Pork on Bun Onion Rings Power Slaw or Coleslaw Banana</p>