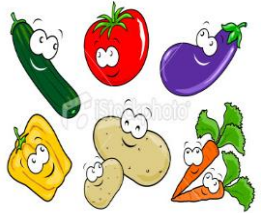



Pleasant Hill CUSD #3 - October 2015 Cafeteria Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cereal, Toast, Fruit, Juice & Milk Cheeseburger/Bun, Oven Fries, Peas, Fruit & Milk	2 Donut, Cereal, Fruit, Juice & Milk Deli Turkey/Bun, Salad w/Dressing, Chips, Fruit & Milk
5 French Toast, Fruit, Cereal, Juice & Milk Chicken Nuggets, Whipped Potatoes, Corn, Fruit & Milk	6 Cereal, Toast, Fruit, Juice & Milk Bologna/Bun, Carrots, Chips, Fruit & Milk	7 Pancakes, Cereal, Fruit, Milk & Juice Bar-B-Que Chicken/Bun, Baked Beans, Gold Fish Crackers, Fruit & Milk	8 Cereal, Toast, Fruit, Juice & Milk Hot Ham & Cheese/Bun, Macaroni w/Tomatoes, Peas, Fruit & Milk	9 Flapstick, Cereal, Fruit, Milk & Juice Cheese Pizza, Salad w/Dressing, Fruit, Cookie & Milk
12 NO SCHOOL COLUMBUS DAY	13 Cereal, Toast, Fruit, Juice & Milk Sun Butter & Jelly Sandwich, Corn, Cheese Puffs, Fruit & Milk	14 Fruit Muffin, Cereal, Milk & Juice Sloppy Joe/Bun, Oven Fries, Green Beans, Fruit & Milk	15 Cereal, Fruit, Toast, Juice & Milk Sliced Ham/Bun, Corn, Chips, Fruit & Milk	16 Cinnamon Biscuit, Cereal, Fruit, Milk & Juice Burrito, Black Beans, Salsa, Tostitos, Fruit & Milk
19 Waffle stick, Cereal, Fruit, Milk & Juice Hot Dog/Bun, Baked Beans, Gold Fish Crackers, Fruit & Milk	20 Cereal, Fruit, Toast, Juice & Milk Chicken Fajita Wrap, Cheese, Salsa, Peppers, Fruit & Milk	21 Sausage Gravy & Biscuit, Cereal, Fruit, Milk & Juice Chicken Fried Steak/Bun, Oven Fries, Carrots, Fruit & Milk	22 Cereal, Fruit, Toast, Juice & Milk Spaghetti w/Meat Sauce, Breadstick, Salad w/Dressing, Fruit & Milk	23 French Toast, Cereal, Fruit, Milk & Juice Corn Dog, Baby Carrots, Chips & Dip, Fruit & Milk
26 Pancakes, Cereal, Fruit, Milk & Juice Chicken Patty/Bun, Sweet Potatoes, Peas, Fruit & Milk	27 Cereal, Toast, Fruit, Juice & Milk Ravioli, Bread & Butter, Salad w/Dressing, Fruit & Milk	28 Flapstick, Cereal, Fruit, Milk & Juice Pork & Gravy, Whipped Potatoes, Corn, Fruit & Milk	29 Cereal, Toast, Fruit, Milk & Juice Hamburger/Bun, Baked Beans, Carrots, Fruit & Milk	30 Twist Donut, Cereal, Fruit, Juice & Milk Nacho Cheese, Tostitos, Salsa, Corn, Fruit & Milk