

Pleasant Hill CUSD #3 – October 2016 Cafeteria Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg & Cheese Biscuit, Cereal, Fruit, Milk & Juice Hot Dog w/Bun, Baked Beans, Chips, Fruit & Milk	4 Cereal, Toast, Fruit, Milk & Juice Corn Dog, Seasoned Carrots, Broccoli, Fruit & Milk	5 Sausage Gravy w/Biscuit, Cereal, Fruit, Milk & Juice Chicken Nuggets, Oven Fries, Green Beans, Fruit & Milk	6 Cereal, Toast, Fruit, Milk & Juice Cheese Pizza, Corn, Romaine Salad, Fruit & Milk	7 NO SCHOOL PARENT / TEACHER CONFERENCES
10 NO SCHOOL COLUMBUS DAY	11 Cereal, Toast, Fruit, Milk & Juice Cheeseburger w/Bun, Cowboy Beans, Cheese Puffs, Fruit & Milk	12 Scrambled Eggs, Cereal, Toast, Fruit, Milk & Juice Chicken Patty, Whipped Potatoes, Green Beans, Fruit & Milk	13 Cereal, Toast, Fruit, Milk & Juice BBQ Pulled Pork w/Bun, Seasoned Carrots, Chips, Fruit & Milk	14 Donut, Cereal, Fruit, Milk & Juice Cheese Pizza, Romaine Salad, Corn, Fruit & Milk
17 French Toast, Cereal, Fruit, Milk & Juice Chicken Nuggets, Oven Fries, Seasoned Carrots, Fruit & Milk	18 Cereal, Toast, Fruit, Milk & Juice BBQ Ribette w/Bun, Steamed Broccoli, Chips, Fruit & Milk	19 Danish, Cereal, Fruit, Milk & Juice Sloppy Joe w/Bun, Baked Beans, Fruit, Cookie & Milk	20 Cereal, Toast, Fruit, Milk & Juice Chicken Wrap, Corn, Fruit & Milk	21 Donut, Cereal, Fruit, Milk & Juice Sausage Gravy w/Biscuit, Tator Rounds, Sorbet, 100% Juice & Milk
24 French Toast, Cereal, Fruit, Milk & Juice Spaghetti w/Meat Sauce, Seasoned Carrots, Bread & Butter, Fruit & Milk	25 Cereal, Toast, Fruit, Milk & Juice Fish Portion, Baked Beans, Oven Fries, Fruit & Milk	26 Oatmeal, Toast, Cereal, Fruit, Milk & Juice Cheeseburger w/Bun, Romaine Salad, Chips, Fruit & Milk	27 Cereal, Toast, Fruit, Milk & Juice BBQ Chicken w/Bun, Green Beans, Fruit & Milk	28 Danish, Cereal, Fruit, Milk & Juice Turkey Taco w/Soft Shell, Lettuce & Cheese, Corn, Fruit & Milk
31 Fruit Muffin, Cereal, Fruit, Milk & Juice Hot Dog w/Bun, Baked Beans, Chips, Fruit & Milk				