





# Pleasant Hill CUSD #3 – October 2017 Cafeteria

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg/Cheese Biscuit, Cereal, Fruit, Milk & Juice	3 Cereal, Toast, Fruit, Milk & Juice	4 French Toast, Cereal, Fruit, Milk & Juice	<b>NO SCHOOL</b>  <b>TEACHER'S INSTITUTE</b>	<b>NO SCHOOL</b>  <b>PARENT TEACHER CONFERENCE</b>
9 Chicken Noodles, Whipped Potatoes, Corn, Fruit & Milk	10 Turkey Taco, Lettuce, Cheese, Seasoned Carrots, Fruit & Milk	11 Cheeseburger/Bun, Oven Fries, Fruit & Milk	12 Cereal, Toast, Fruit, Milk & Juice	13 Donut, Cereal, Fruit, Milk & Juice
<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; margin-right: 5px;">Columbus Day</div>  </div>	10 Cereal, Toast, Fruit, Milk & Juice	11 Pancakes, Cereal, Fruit, Milk & Juice	12 Cereal, Toast, Fruit, Milk & Juice	13 Donut, Cereal, Fruit, Milk & Juice
9 Chicken Fajita/Soft Wrap, Lettuce, Cheese, Salsa, Tostitos, Fruit & Milk	10 Spaghetti w/Meat Sauce, Mixed Salad, Fruit, Bread & Butter, Milk	11 Bar-B-Que Pulled Pork w/Bun, Green Beans, Cheese Stick, Fruit & Milk	12 Turkey w/Bun, Seasoned Carrots, Chips, Fruit & Milk	
16 Pancakes, Cereal, Fruit, Milk & Juice	17 Cereal, Toast, Fruit, Milk & Juice	18 Scrambled Eggs, Toast, Cereal, Fruit, Milk & Juice	19 Cereal, Toast, Fruit, Milk & Juice	20 French Toast, Cereal, Fruit, Milk & Juice
16 Chicken Nuggets w/Dippin' Sauce, Oven Fries, Fruit & Milk	17 Sausage Gravy w/Biscuit, Potato Rounds, Fruit Sorbet, 100% Juice & Milk	18 Goulash, Mixed Salad, Bread & Butter, Fruit & Milk	19 Chicken Fettuccini Alfredo, Peas, Fruit, Cookie & Milk	20 Hamburger w/Bun, Tator Tots, Carrots, Fruit & Milk
23 Breakfast Pizza, Cereal, Fruit, Milk & Juice	24 Cereal, Toast, Fruit, Milk & Juice	25 Pancakes, Cereal, Fruit, Milk & Juice	26 Cereal, Toast, Fruit, Milk & Juice	27 Donut, Cereal, Toast, Fruit, Milk & Juice
23 Bar-B-Que Diced Chicken w/Bun, Green Beans, Chips, Fruit & Milk	24 Taco Lasagna, Tostitos, Salsa, Carrots, Fruit & Milk	25 Tenderloin w/Bun, Corn, Cheese Puffs, Fruit & Milk	26 Spaghetti w/Meat Sauce, Salad, Breadstick, Fruit & Milk	27 Fish w/Bun, Oven Fries, Baked Beans, Fruit & Milk
30 Pancakes, Cereal, Fruit, Milk & Juice	31 Cereal, Toast, Fruit, Milk & Juice			
30 Nacho Cheese, Tostitos, Carrots, Fruit & Milk	31 Corn Dog, Potato Puffs, Cookie, Fruit & Milk			