

Pleasant Hill CUSD #3 – September 2016 Cafeteria Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cereal, Toast, Fruit, Juice & Milk Deli Turkey w/Bun, Romaine Salad, Chips, Fruit & Milk	2 Scrambled Eggs, Cereal, Toast, Fruit, Milk & Juice Chicken Fajita w/Soft Shell, Cheese, Lettuce, Sliced Peppers, Fruit & Milk
5 	6 Cereal, Toast, Fruit, Milk & Juice Chicken Patty w/Bun, Baby Carrots w/dip, Cowboy Beans, Fruit & Milk	7 Pancakes, Cereal, Fruit, Milk & Juice Fish Patty w/Bun, Oven Fries, Green Beans, Fruit & Milk	8 Cereal, Toast, Fruit, Milk & Juice Burrito, Salsa, Black Beans, Corn, Fruit & Milk	9 Donut, Cereal, Fruit, Milk & Juice Corn Dog, Broccoli & Cauliflower w/dip, Fruit, Cookie & Milk
12 Breakfast Pizza, Cereal, Fruit, Milk & Juice Hot Dog w/Bun, Peas, Chips, Fruit & Milk	13 Cereal, Toast, Fruit, Milk & Juice Turkey Sausage Pizza, Romaine Salad, Carrots, Fruit & Milk	14 Scrambled Eggs, Toast, Cereal, Fruit, Milk & Juice Turkey Taco w/Soft Shell, Lettuce Cheese, Corn, Fruit & Milk	15 Cereal, Toast, Fruit, Milk & Juice Pasta w/Meat Sauce, Green Beans, Breadstick, Fruit & Milk	16 Pancake, Cereal, Fruit, Milk & Juice Tostitos w/Nacho Cheese, Salsa, Fresh Vegetables w/Dip, Fruit & Milk
19 Flapstick, Cereal, Fruit, Milk & Juice Hot Ham & Cheese w/Bun, Baby Carrots w/dip, Pretzels, Fruit & Milk	20 Cereal, Toast, Fruit, Milk & Juice Spaghetti w/Meat Sauce, Romaine Salad, Breadstick, Fruit & Milk	21 Breakfast Pizza, Cereal, Fruit, Milk & Juice Corn Dog, Baked Beans, Corn, Fruit & Milk	22 Cereal, Toast, Fruit, Milk & Juice Deli Turkey w/Bun, Seasoned Carrots, Corn Chips, Fruit & Milk	23 Donut, Cereal, Fruit, Milk & Juice Cheeseburger w/Bun, Oven Fries, Pickles, Jell-O, Fruit & Milk
26 Sausage Gravy w/Biscuit, Cereal, Fruit, Milk & Juice Ravioli, Green Beans, Bread, Fruit & Milk	27 Cereal, Toast, Fruit, Milk & Juice BBQ Pulled Pork w/Bun, Tator Tots, Carrots, Fruit & Milk	28 French Toast, Cereal, Fruit, Milk & Juice Goulash, Romaine Salad, Breadstick, Fruit & Milk	29 Cereal, Toast, Fruit, Milk & Juice BBQ Chicken w/Bun, Oven Fries, Peas, Fruit & Milk	30 Donut, Cereal, Fruit, Milk & Juice Cheese Pizza, Corn, Baby Carrots w/dip, Fruit, & Milk