

POINT PLEASANT SCHOOLS

October, 2019 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Point Pleasant School District is an equal Opportunity Provider	1 Pizza Sticks Tomato Sauce, Steamed Broccoli Tossed Salad w/Lo Fat Dressing	2 Fresh Nachos, seasoned Beef, Lettuce, Tomato, Shredded Cheese , Salsa	3 Breakfast for Lunch; Whole Grain French Toast Sticks with sausage, Hash Brown Potato, Warm Cinnamon Apple Slices	4 Little Caesar Pizza Tossed Salad Veggie Cup Canned or Fresh Fruit or Fruit Juice	
	7 Crispy Whole Grain Chicken Nuggets, Whole Grain Biscuit, Choice of Dipping Sauce, Savory Green Beans, Glazed Carrots	8 Baked Meatball Parm on Whole Grain Sub Roll, Garlic Roasted Broccoli	9 Baked Chicken Patty on Whole Grain Roll Roasted Corn Vegetarian Baked Beans	10 Burger w/wo Cheese/ Whole Grain Bun Crinkle Cut Fries Lettuce and Tomato	11 Staff In-Service, Students OFF
	14 Columbus Day No School	15 Fresh Baked Mozzarella Sticks/Dipping Sauce & Whole Grain Italian Bread	16 Popcorn Chicken with fresh baked Whole Grain biscuit, crispy Sweet Potato Puffs and dipping sauce	17 Hot Dog on Whole Grain Bun Oven Fries, sweet corn Canned or Fresh Fruit or Fruit Juice	18 Little Caesar Pizza Tossed Salad Veggie Cup Canned or Fresh Fruit or Fruit Juice
21 Chicken Nuggets/ Gold fish cracker Steamed Vegetable Medley	22 Fresh Baked Cheese Pizza, Whole Grain Crust, Mixed Greens and Vegetable Salad/Dressing	23 Yogurt Fun Lunch, Whole Grain Bagel, String Cheese, Whole Grain Granola Topper	24 Baked Chicken Patty on Whole Grain Roll Sweet Peas Baked Potato Smiles	25 Little Caesar Pizza Tossed Salad Veggie Cup Canned or Fresh Fruit or Fruit Juice	
28 Popcorn Chicken with fresh baked Whole Grain biscuit, crispy Sweet Potato Puffs and dipping sauce	29 Baked Chicken Parm on Whole Grain Sub Roll, Garlic Roasted Broccoli	30 Fresh Corn Dog's, Crispy Sweet Potato Fries, fresh Veggies with Dip	31 Yogurt Fun Lunch, Whole Grain Bagel, String Cheese, Whole Grain Granola Topper	Available and Suggested Daily with your lunch; Fresh Veggie Cup with Dip, Fresh and Canned Fruit, 100% Fruit Juice <u>Special Dietary</u> <u>Issues Please Notify</u> <u>Food Services</u>	

FULL MEAL CONSISTS OF ONE ENTRÉE, VEGETABLE, FRUIT AND ½ PINT OF MILK

VARIETY OF Skim and LOW FAT MILK OFFERED DAILY Alternative Lunch (must be ordered in advance);

Deli Sandwich, PEANUT BUTTER & JELLY SANDWICH or Salad Plate STUDENT LUNCH \$3.00 MILK \$.65