



# PLEASANT HILLS MIDDLE SCHOOL LUNCH MENU

Happy New Year  
2021

## JANUARY/FEBRUARY 2021

MONDAY  
1/4/2020

TUESDAY  
1/5/2020

WEDNESDAY  
1/6/2020

THURSDAY  
1/7/2020

FRIDAY  
1/8/2020



### cheffresh fresh • made • goodness • to • go Cherps Chicken Sandwich or Assorted Pizzas

<p>Entrée Nachos Grande</p> <p><b>FEATURED VEGGIES</b> Curly Fries Black Bean Salsa Featured Fruit Choice of Milk</p> <p>1/11/2020</p>	<p>Entrée Nachos Grande</p> <p><b>FEATURED VEGGIES</b> Curly Fries Black Bean Salsa Featured Fruit Choice of Milk</p> <p>1/12/2020</p>	<p>Entrée Chicken Patty Sandwich</p> <p><b>FEATURED VEGGIES</b> Baby Carrots Side Caesar Salad Featured Fruit Choice of Milk</p> <p>1/13/2020</p>	<p>Entrée Popcorn Chicken w/ Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Oven Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>1/14/2020</p>	<p>Entrée Popcorn Chicken w/ Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Oven Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>1/15/2020</p>
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### cheffresh fresh • made • goodness • to • go Cherps Chicken Sandwich or Assorted Pizzas

<p>Entrée Italian Meatball and Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Cucumber Slices Baby Carrots Featured Fruit Choice of Milk</p> <p>1/18/2020</p>	<p>Entrée Italian Meatball and Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Cucumber Slices Baby Carrots Featured Fruit Choice of Milk</p> <p>1/19/2020</p>	<p>Entrée Jaguar Burger (T)</p> <p><b>FEATURED VEGGIES</b> Curly Fries Green Pepper Strips Featured Fruit Choice of Milk</p> <p>1/20/2020</p>	<p>Entrée Big Daddy's Pepperoni Pizza (T)</p> <p><b>FEATURED VEGGIES</b> Tater Tots Chickpea Salad Featured Fruit Choice of Milk</p> <p>1/21/2020</p>	<p>Entrée Big Daddy's Pepperoni Pizza (T)</p> <p><b>FEATURED VEGGIES</b> Tater Tots Chickpea Salad Featured Fruit Choice of Milk</p> <p>1/22/2020</p>
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### cheffresh fresh • made • goodness • to • go Cherps Chicken Sandwich or Assorted Pizzas

<p>Entrée Nachos Grande</p> <p><b>FEATURED VEGGIES</b> Baby Carrots Homemade Salsa Featured Fruit Choice of Milk</p> <p>1/25/2020</p>	<p>Entrée County Fair Corn Dog</p> <p><b>FEATURED VEGGIES</b> Homemade Potato Salad Green Pepper Strips Featured Fruit Choice of Milk</p> <p>1/26/2020</p>	<p>Entrée Mini Calzone w/Dippina Sauce</p> <p><b>FEATURED VEGGIES</b> Fresh Broccoli Carrot and Celery Sticks Featured Fruit Choice of Milk</p> <p>1/27/2020</p>	<p>Entrée Mini Calzone w/Dippina Sauce</p> <p><b>FEATURED VEGGIES</b> Fresh Broccoli Carrot and Celery Sticks Featured Fruit Choice of Milk</p> <p>1/28/2020</p>	<p>Entrée Mini Calzone w/Dippina Sauce</p> <p><b>FEATURED VEGGIES</b> Fresh Broccoli Carrot and Celery Sticks Featured Fruit Choice of Milk</p> <p>1/29/2020</p>
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### cheffresh fresh • made • goodness • to • go Cherps Chicken Sandwich or Assorted Pizzas

<p>Entrée Sausage , Egg, &amp; Cheese on a Croissant</p> <p><b>FEATURED VEGGIES</b> Red Pepper Strips Hash Brown Potato Featured Fruit/Milk <b>2 Hour Delay Day</b></p> <p>2/1/2020</p>	<p>Entrée Sausage , Egg, &amp; Cheese on a Croissant</p> <p><b>FEATURED VEGGIES</b> Red Pepper Strips Hash Brown Potato Featured Fruit Choice of Milk</p> <p>2/2/2020</p>	<p>Entrée Italian Hoagie</p> <p><b>FEATURED VEGGIES</b> Snap Peas Fresh Coleslaw Featured Fruit Choice of Milk</p> <p>2/3/2020</p>	<p>Entrée Pepperoni Roll (T) w/Dippina Sauce</p> <p><b>FEATURED VEGGIES</b> Sliced Cucumbers Side Caesar Salad Featured Fruit Choice of Milk</p> <p>2/4/2020</p>	<p>Entrée Pepperoni Roll (T) w/Dippina Sauce</p> <p><b>FEATURED VEGGIES</b> Sliced Cucumbers Side Caesar Salad Featured Fruit Choice of Milk</p> <p>2/5/2020</p>
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### cheffresh fresh • made • goodness • to • go Cherps Chicken Sandwich or Assorted Pizzas

<p>Entrée Chicken Wings w/ BBQ Sauce</p> <p><b>FEATURED VEGGIES</b> Shoestring French Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>2/8/2020</p>	<p>Entrée Chicken Wings w/ BBQ Sauce</p> <p><b>FEATURED VEGGIES</b> Shoestring French Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>2/9/2020</p>	<p>Entrée Popcorn Chicken w/Soft Pretzel Stick</p> <p><b>FEATURED VEGGIES</b> Fresh Broccoli Chickpea Salad Featured Fruit Choice of Milk</p> <p>2/10/2020</p>	<p>Entrée Breakfast For Lunch French Toast Sticks w/ Sausage Patties</p> <p><b>FEATURED VEGGIES</b> Tri Hash Brown Fresh Cucumbers Featured Fruit Choice of Milk</p> <p>2/11/2020</p>	<p>Entrée Breakfast For Lunch French Toast Sticks w/ Sausage Patties</p> <p><b>FEATURED VEGGIES</b> Tri Hash Brown Fresh Cucumbers Featured Fruit Choice of Milk</p> <p>2/12/2020</p>
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### cheffresh fresh • made • goodness • to • go Cherps Chicken Sandwich or Assorted Pizzas

<p>Entrée Spicy Chicken Patty</p> <p><b>FEATURED VEGGIES</b> Red &amp; Green Pepper Strips Side Salad Featured Fruit/Milk <b>2 Hour Delay Day</b></p>	<p>Entrée Spicy Chicken Patty</p> <p><b>FEATURED VEGGIES</b> Red &amp; Green Pepper Strips Side Salad Featured Fruit Choice of Milk</p>	<p>Entrée Ham and Cheese on a Pretzel Roll</p> <p><b>FEATURED VEGGIES</b> Fresh Spinach Salad Sliced Cucumbers Featured Fruit Choice of Milk</p>	<p><b>GRILL DAY</b> Bacon Cheese Burger On a Keiser Roll</p> <p><b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Cole slaw Featured Fruit Choice of Milk</p>	<p><b>GRILL DAY</b> Bacon Cheese Burger On a Keiser Roll</p> <p><b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Cole slaw Featured Fruit Choice of Milk</p>
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#### What is a Meal?

You must choose of least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

#### Weekly Vegetable Subgroups May Include:

- Dark green** - spinach, broccoli, romaine and spring salad
- Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers
- Beans/Peas**
- Starchy** - white potatoes, corn, and lima beans
- Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
- Featured Fruit May Include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges



Offered Daily

Variety of Pizza and Cherps Chicken

#### Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!

This Month.....

January: Snap Peas

February: Spinach



#### LUNCH PRICES:

- Student \$3.00
- Student Tier (T) \$3.90
- Reduced \$ .40
- Adult \$3.85
- Adult Tier (T) \$4.75

Food Service Director: John Rambo  
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USDA is an equal opportunity provider and employer.