

PLEASANT HILLS MIDDLE SCHOOL LUNCH MENU

OCTOBER/NOVEMBER 2020



MONDAY
10/5/2020

TUESDAY
10/6/2020

WEDNESDAY
10/7/2020

THURSDAY
10/8/2020

FRIDAY
10/9/2020

Cherp's Chicken Sandwich or Assorted Pizzas				
<p>Entrée Nachos Grande</p> <p>FEATURED VEGGIES Curly Fries Black Bean Salsa Featured Fruit Choice of Milk</p> <p>10/12/2020</p>	<p>Entrée Nachos Grande</p> <p>FEATURED VEGGIES Curly Fries Black Bean Salsa Featured Fruit Choice of Milk</p> <p>10/13/2020</p>	<p>Entrée Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Baby Carrots Side Caesar Salad Featured Fruit Choice of Milk</p> <p>10/14/2020</p>	<p>Entrée Popcorn Chicken w/ Dinner Roll</p> <p>FEATURED VEGGIES Oven Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>10/15/2020</p>	<p>Entrée Popcorn Chicken w/ Dinner Roll</p> <p>FEATURED VEGGIES Oven Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>10/16/2020</p>

Cherp's Chicken Sandwich or Assorted Pizzas				
<p>Entrée Italian Meatball and Cheese on a Roll</p> <p>FEATURED VEGGIES Cucumber Slices Baby Carrots Featured Fruit Choice of Milk</p> <p>10/19/2020</p>	<p>Entrée Italian Meatball and Cheese on a Roll</p> <p>FEATURED VEGGIES Cucumber Slices Baby Carrots Featured Fruit Choice of Milk</p> <p>10/20/2020</p>	<p>Entrée Jaguar Burger (T)</p> <p>FEATURED VEGGIES Curly Fries Green Pepper Strips Featured Fruit Choice of Milk</p> <p>10/21/2020</p>	<p>Entrée Big Daddy's Pepperoni Pizza (T)</p> <p>FEATURED VEGGIES Tater Tots Chickpea Salad Featured Fruit Choice of Milk</p> <p>10/22/2020</p>	<p>Entrée Big Daddy's Pepperoni Pizza (T)</p> <p>FEATURED VEGGIES Tater Tots Chickpea Salad Featured Fruit Choice of Milk</p> <p>10/23/2020</p>

Cherp's Chicken Sandwich or Assorted Pizzas				
<p>Entrée Nachos Grande</p> <p>FEATURED VEGGIES Baby Carrots Homemade Salsa Featured Fruit Choice of Milk</p> <p>10/26/2020</p>	<p>Entrée Nachos Grande</p> <p>FEATURED VEGGIES Baby Carrots Homemade Salsa Featured Fruit Choice of Milk</p> <p>10/27/2020</p>	<p>Entrée County Fair Corn Dog</p> <p>FEATURED VEGGIES Homemade Potato Salad Green Pepper Strips Featured Fruit Choice of Milk</p> <p>10/28/2020</p>	<p>Entrée Mini Calzone w/Dippina Sauce</p> <p>FEATURED VEGGIES Fresh Broccoli Carrot and Celery Sticks Featured Fruit Choice of Milk</p> <p>10/29/2020</p>	<p>Entrée Mini Calzone w/Dippina Sauce</p> <p>FEATURED VEGGIES Fresh Broccoli Carrot and Celery Sticks Featured Fruit Choice of Milk</p> <p>10/30/2020</p>

Cherp's Chicken Sandwich or Assorted Pizzas				
<p>Entrée Chicken Nuggets w/ Soft Pretzel Stick</p> <p>FEATURED VEGGIES Red Pepper Strips side Tossed Salad Featured Fruit Choice of Milk</p> <p>11/2/2020</p>	<p>Entrée Chicken Nuggets w/ Soft Pretzel Stick</p> <p>FEATURED VEGGIES Red Pepper Strips side Tossed Salad Featured Fruit Choice of Milk</p> <p>11/3/2020</p>	<p>Entrée Italian Hoagie</p> <p>FEATURED VEGGIES Homemade Potato Salad Fresh Coleslaw Featured Fruit Choice of Milk</p> <p>11/4/2020</p>	<p>Entrée Pepperoni Roll (T) w/Dippina Sauce</p> <p>FEATURED VEGGIES Curly Fries Baby Carrots Clementine Choice of Milk</p> <p>11/5/2020</p>	<p>Entrée Pepperoni Roll (T) w/Dippina Sauce</p> <p>FEATURED VEGGIES Curly Fries Baby Carrots Clementine Choice of Milk</p> <p>11/6/2020</p>

Cherp's Chicken Sandwich or Assorted Pizzas				
<p>Entrée Chicken Wings (T) w/ Buffalo Sauce</p> <p>FEATURED VEGGIES Shoestring French Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>11/9/2020</p>	<p>Entrée Chicken Wings (T) w/ Buffalo Sauce</p> <p>FEATURED VEGGIES Shoestring French Fries Broccoli Salad Featured Fruit Choice of Milk</p> <p>11/10/2020</p>	<p>Entrée Popcorn Chicken w/Soft Pretzel Stick</p> <p>FEATURED VEGGIES Fresh Broccoli Chickpea Salad Featured Fruit Choice of Milk</p> <p>11/11/2020</p>	<p>Entrée Breakfast For Lunch French Toast Sticks w/ Sausage Patties</p> <p>FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers Featured Fruit Choice of Milk</p> <p>11/12/2020</p>	<p>Entrée Breakfast For Lunch French Toast Sticks w/ Sausage Patties</p> <p>FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers Featured Fruit Choice of Milk</p> <p>11/13/2020</p>

Cherp's Chicken Sandwich or Assorted Pizzas				
<p>In Service Day</p> <p>No Lunch Service No School for Students</p>	<p>Entrée Cherp's Spicy Chicken Patty on a bun</p> <p>FEATURED VEGGIES Red & Green Pepper Strips Side Salad Featured Fruit Choice of Milk</p>	<p>Entrée Ham and Cheese on a Pretzel Roll</p> <p>FEATURED VEGGIES Homemade Potato Salad Sliced Cucumbers Featured Fruit Choice of Milk</p>	<p>Entrée Italian Dunkers with Marinara Dipping Sauce</p> <p>FEATURED VEGGIES Green Pepper Strips Side Caesar Salad Featured Fruit Choice of Milk</p>	<p>Entrée Italian Dunkers with Marinara Dipping Sauce</p> <p>FEATURED VEGGIES Green Pepper Strips Side Caesar Salad Featured Fruit Choice of Milk</p>

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.....

October:
Clementine



November: **Purple Cabbage**



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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