



2016



ALISAL, FAIRLANDS, & MOHR

BREAKFAST \$2.00: Includes Whole-grain rich entrée, Fruit or 100% Fruit Juice, and Milk

LUNCH \$3.50: Includes Whole-grain rich entrée, Salad Bar, Fresh Fruit, and Milk



Also available daily at
Breakfast: Cold Cereal & Milk*



Three Milk Choices Everyday:

1% White

Fat-Free White

Fat-Free Chocolate (lunch only)

Lactose-free milk available on request

Soy milk available for additional \$0.50

M	T	W	TH	F
<p>3</p> <p>Yogurt & Granola ~~~~~ Baked Potato Bar* or Turkey Hot Dog Graham Snacks</p>	<p>4</p> <p>Pancake & Pork Sausage ~~~~~ Spaghetti & Meatballs Beef or Veggie* or Cheese Lasagna*</p>	<p>5</p> <p>Banana Bread ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*</p>	<p>6</p> <p>French Toast ~~~~~ Orange Chicken & Rice or X-treme Cheese Quesadilla* Cinnamon Churro</p>	<p>7</p> <p>Pizza Bagel (turkey sausage) ~~~~~ Chicken Sandwich or Baja Fish Sticks*</p>
<p>10</p> <p>Yogurt & Granola ~~~~~ Chicken Tenders or Bean & Cheese Burrito* Chocolate Chip Cookie</p>	<p>11</p> <p>Mini Pancakes ~~~~~ Chicken Corn Dog & Tater Tots or Lil Nacho Bites*</p>	<p>12</p> <p>Crumb Cake ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*</p>	<p>13</p> <p>Burrito (turkey sausage) ~~~~~ Mini Chicken Tacos or Mac & Cheese*</p>	<p>14</p> <p>Cinnamon Roll ~~~~~ Beef Cheeseburger Veggie Burger available* or Cheesy Breadsticks*</p>
<p>17</p> <p>Yogurt & Granola ~~~~~ Baked Potato Bar* or Turkey Hot Dog Graham Snacks</p>	<p>18</p> <p>Pancake & Pork Sausage ~~~~~ Spaghetti & Meatballs Beef or Veggie* or Cheese Lasagna*</p>	<p>19</p> <p>Banana Bread ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*</p>	<p>20</p> <p>French Toast ~~~~~ Orange Chicken & Rice or X-treme Cheese Quesadilla* Cinnamon Churro</p>	<p>21</p> <p>Pizza Bagel (turkey sausage) ~~~~~ Chicken Sandwich or Baja Fish Sticks*</p>
<p>24</p> <p>Yogurt & Granola ~~~~~ Chicken Tenders or Bean & Cheese Burrito* Chocolate Chip Cookie</p>	<p>25</p> <p>Mini Pancakes ~~~~~ Chicken Corn Dog & Tater Tots or Lil Nacho Bites*</p>	<p>26</p> <p>Crumb Cake ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*</p>	<p>27</p> <p>Burrito (turkey sausage) ~~~~~ Mini Chicken Tacos or Mac & Cheese*</p>	<p>NO SCHOOL</p>
<p>31</p> <p>Yogurt & Granola ~~~~~ Baked Potato Bar* or Turkey Hot Dog Graham Snacks</p>	<p>ALSO AVAILABLE DAILY AT LUNCH: (includes salad bar, fruit, and milk)</p> <ul style="list-style-type: none"> * Grilled Cheese Sandwich * WOWbutter & Jelly Sandwich * Fruit Yogurt & Granola * Veggie Lunchable 			



* = Vegetarian options

***** Celebrate October birthdays on the 27th with a fun treat!*****



Pleasanton Unified School District



MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

All meals meet USDA guidelines. Students with negative meal account balances of greater than \$10 will receive alternate meal at no charge until balance is resolved. CNS accepts cash, checks or online prepayments which can be made at www.MySchoolBucks.com. CNS is an equal opportunity employer! For more info please call us at 925-426-4417.