

# OCTOBER

# 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

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<b>3</b> Yogurt & Granola ~~~~~ Baked Potato Bar* or Turkey Hot Dog  Graham Snacks	<b>4</b> Pancake & Pork Sausage ~~~~~ Spaghetti & Meatballs Beef or Veggie* or Cheese Lasagna*	<b>5</b> Banana Bread ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*	<b>6</b> French Toast ~~~~~ Orange Chicken & Rice or X-treme Cheese Quesadilla*  Cinnamon Churro	<b>7</b> Pizza Bagel (turkey sausage) ~~~~~ Chicken Sandwich or Baja Fish Sticks*
<b>10</b> Yogurt & Granola ~~~~~ Chicken Tenders or Bean & Cheese Burrito*  Chocolate Chip Cookie	<b>11</b> Mini Pancakes ~~~~~ Chicken Corn Dog & Tater Tots or Lil Nacho Bites*	<b>12</b> Crumb Cake ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*	<b>13</b> Burrito (turkey sausage) ~~~~~ Mini Chicken Tacos or Mac & Cheese*	<b>14</b> Cinnamon Roll ~~~~~ Beef Cheeseburger Veggie Burger available* or Cheesy Breadsticks*
<b>17</b> Yogurt & Granola ~~~~~ Baked Potato Bar* or Turkey Hot Dog  Graham Snacks	<b>18</b> Pancake & Pork Sausage ~~~~~ Spaghetti & Meatballs Beef or Veggie* or Cheese Lasagna*	<b>19</b> Banana Bread ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*	<b>20</b> French Toast ~~~~~ Orange Chicken & Rice or X-treme Cheese Quesadilla*  Cinnamon Churro	<b>21</b> Pizza Bagel (turkey sausage) ~~~~~ Chicken Sandwich or Baja Fish Sticks*
<b>24</b> Yogurt & Granola ~~~~~ Chicken Tenders or Bean & Cheese Burrito*  Chocolate Chip Cookie	<b>25</b> Mini Pancakes ~~~~~ Chicken Corn Dog & Tater Tots or Lil Nacho Bites*	<b>26</b> Crumb Cake ~~~~~ Pizza Pepperoni, Hawaiian Cheese, or Veggie*	<b>27</b> Burrito (turkey sausage) ~~~~~ Mini Chicken Tacos or Mac & Cheese*	<b>28</b>   NO  SCHOOL
<b>31</b> Yogurt & Granola ~~~~~ Baked Potato Bar* or Turkey Hot Dog  Graham Snacks	<p><b>ALSO AVAILABLE DAILY AT LUNCH:</b>                      (includes salad bar, fruit, and milk)</p> <ul style="list-style-type: none"> <li>* Grilled Cheese Sandwich</li> <li>* WOWbutter &amp; Jelly Sandwich</li> <li>* Fruit Yogurt &amp; Granola</li> <li>* Veggie Lunchable</li> </ul>			



\* = 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](http://www.MySchoolBucks.com). CNS is an equal opportunity employer! For more info please call us at 925-426-4417.