



For more information regarding student accounts,
meal applications, nutritional data and ingredients
please visit our website
<http://www.pleasantonusd.net> and click on the
Child Nutrition Department or contact:

Pleasanton Child Nutrition Services
1155 Santa Rita Rd., Pleasanton 94566

925-426-4417

PLEASANTON USD MIDDLE SCHOOL MENU 2016-17

**New USDA regulations are in effect—
More fresh vegetables and fruits
Less calories, fat, and sodium
Whole grains and more!!!
Get the most value !**

PICK 3

- *Any flavor milk
- *Any Entrée selection
- *Any combination of fresh salad,
vegetables and fruit

FOR ONLY \$4.00

All menu items peanut and tree nut free

*Pleasanton Unified School District
is an equal opportunity employer*



Daily Breakfast Menu



Breakfast Wrap

Assorted meats or veggies with cheese and seasoned potatoes in whole-grain tortilla

Breakfast Sandwich

Ham & Cheese on whole-grain croissant or
Pork Sausage, Egg, & Cheese on WG English muffin

Bagel and Cream Cheese

Whole-grain rich, fresh and served daily

Breakfast pastries

Whole-grain rich and low fat

Assorted cold cereals

Whole grains, low sugar and sodium

Large Yogurt Parfait

Served with rolled oat granola and assorted fruit

Combo meal \$2.50

Includes fruit or juice, and milk

*Milk varieties include 1% and non fat white
(Lactose-free and soy milk available upon request)*

All items available ala carte

Menu selections subject to change based on student requests, seasonal availability or circumstances beyond our control. All food items are peanut and tree nut free

Daily Lunch Menu

Whole grain crust pizza

Vegetable, cheese, Hawaiian, or pepperoni

Chicken Tenders

Tender bites served hot and crispy

Spicy Chicken Wings w/ Texas Toast

You want hot, you got it!

Hamburger

1/3 pound on whole grain

Veggie Burger

Black Bean Chipotle Patty

Bean and Cheese Burrito

available in regular or spicy

Cheesy Bread Stix w/ Pizza Sauce Dip

Deli Turkey Sandwich

Daily Specials:

Mandarin Orange Chicken, Roasted Chicken

Curly Pasta Marinara or Assorted Salads

Combo Meal \$4.00

Includes salad, fruit, and milk

*Milk varieties include 1% and non fat white and
non fat chocolate (Lactose-free and soy milk
available upon request)*

Items available on rotating basis

All items also available ala carte



More

Chips and Snacks	\$0.50 -- \$1.00
100% Juice and Water	\$1.25
Fresh Fruit	\$0.75



**All foods are available ala carte and
meet USDA guidelines for nutrition**

All nutrition information available upon request. All combo meal entrees contain whole grains, do not exceed 400 calories, 35% calories from fat, or 35% sugar by weight.

****Students may purchase food via prepaid online account,
check or cash***

****Prepaid accounts can be opened at
www.myschoolbucks.com***

****Student ID must be presented to access pre-paid lunch accounts***

****Students must have a positive account balance to purchase
snack items***

****Parents using prepaid accounts are advised to set low
balance warning alert***