



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

**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 \$4.50**

**All menu items peanut and tree nut free**

*Pleasanton Unified School District  
is an equal opportunity employer*

## PLEASANTON USD MIDDLE SCHOOL MENU 2017-2018



# 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 \$4.50

***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 -- \$2.50
100% Juice and Water	\$1.00- -\$1.75
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](http://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***