



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

Spicy Chicken Patty on WG Bun

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

Assorted Deli Sandwiches

Assorted Entrée Salads

Combo Meal \$4.50

Includes veggies, fruit , and milk

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

Daily Specials \$5.50

Includes veggies, fruit , and milk

Orange Chicken or Eggrolls & Rice, Roasted Chicken &

Potatoes, Meatball Marinara or

Lasagna & Texas Toast, Mini Chicken Tacos or

Taquitos & Beans

Items available on rotating basis



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

**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*