# OCTOBER 2021

# **Elementary Menu**





Free & reduce lunch applications available at Pleasanton Unified Nutrition

### Breakfast Offered Daily

### Tuesday

Cereal + Graham

### Wednesday

Blueberry Bagel

### **Thursday**

Cereal + Graham

### Friday

Pleasanton Unified School District

### \*= Vegeterian



**GF** = contains no gluten We are not a GF facility. Products contain no gluten.

MON

= Plant-Based Protein

All meals come with milk (1% white or fat free chocolate), fresh fruit, and veggies.

TUE

For students with medically diagnosed food allergies, there is a meal accommodation form on the PUSD website.

WED

**Breakfast** and Lunch is free for all students!

Garlex Pizza (pepperoni or cheese\*)

FRI





Apples, pears, persimmons, pumpkin, kiwi, carrots, broccoli, sweet potatoes

Chicken & Waffles

Veggie Nuggets & Waffles\*

Cheese Quesadilla\*

Crispy Chicken Sandwich

Picnic Pack\*

Cheeseburger

Veggie Burger\*

Bean & Cheese Burrito\*

Chicken Potstickers

Grilled Cheese Sandwich\*

Garlex Pizza (pepperoni or cheese\*

Milk 1% white or chocolate & fresh fruit.

### Monday

Crumb Cake + Graham

Chocolate Muffin

**National School Lunch Week October 11 - 15** 



Chicken & Rice

Breaded Ravioli + Bosco Stick\*

Burrito

Orange Chicken with Rice

Cheese Enchilada\*

## Cookie Day

Chicken Nuggets Cheese Bosco Sticks\*

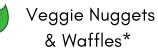
Beef & Cheese Soft Taco Mac & Cheese\*

15 Garlex Pizza (pepperoni or cheese\*



18

Chicken & Waffles



Cheese Quesadilla\*

19

Crispy Chicken Sandwich



Picnic Pack\*

20

Cheeseburger

Bean & Cheese Burrito\*

Veggie Burger\*

21



Chicken Potstickers

Grilled Cheese Sandwich\*

22 Garlex Pizza (pepperoni or cheese\*



25

Chicken & Rice Burrito

Breaded Ravioli + Bosco Stick\*



Orange Chicken with Rice

Cheese Enchilada\*

27 Cookie Day

Chicken Nuggets Cheese Bosco Sticks\*

28

Beef & Cheese Soft Taco Mac & Cheese\*

29

Garlex Pizza (pepperoni or cheese\*

Meals subject to change without notice

This institution is an equal opportunity provider.