

OCTOBER 2021

Elementary Menu



Free & reduce lunch applications available at Pleasanton Unified Nutrition

Breakfast Offered Daily

Milk 1% white or chocolate & fresh fruit.

Monday

Crumb Cake + Graham

Tuesday

Cereal + Graham

Wednesday

Blueberry Bagel

Thursday

Cereal + Graham

Friday

Chocolate Muffin

Meals subject to change without notice

	MON	TUE	WED	THU	FRI
<p>This month's seasonal produce: Apples, pears, persimmons, pumpkin, kiwi, carrots, broccoli, sweet potatoes</p>	<p>*= Vegetarian GF = contains no gluten We are not a GF facility. Products contain no gluten.</p> <p> = Plant-Based Protein</p>	<p>All meals come with milk (1% white or fat free chocolate), fresh fruit, and veggies.</p>	<p> For students with medically diagnosed food allergies, there is a meal accommodation form on the PUSD website.</p>	<p>Breakfast and Lunch is free for all students!</p>	<p>¹ Garlex Pizza (pepperoni or cheese*) </p>
<p>National School Lunch Week October 11 - 15</p>	<p>4 </p> <p>Chicken & Waffles</p> <p> Veggie Nuggets & Waffles*</p> <p>Cheese Quesadilla*</p>	<p>5</p> <p>Crispy Chicken Sandwich</p> <p> Picnic Pack*</p>	<p>6</p> <p>Cheeseburger</p> <p> Veggie Burger*</p> <p>Bean & Cheese Burrito*</p>	<p>7 </p> <p>Chicken Potstickers</p> <p>Grilled Cheese Sandwich*</p>	<p>8</p> <p>Garlex Pizza (pepperoni or cheese*) </p>
<p>HEARST ELEMENTARY SCHOOL</p>	<p>11 </p> <p>Chicken & Rice Burrito</p> <p>Breaded Ravioli + Bosco Stick*</p>	<p>12 </p> <p>Orange Chicken with Rice</p> <p>Cheese Enchilada*</p>	<p>13 Cookie Day</p> <p>Chicken Nuggets</p> <p>Cheese Bosco Sticks*</p>	<p>14 </p> <p>Beef & Cheese Soft Taco</p> <p>Mac & Cheese*</p>	<p>15</p> <p>Garlex Pizza (pepperoni or cheese*) </p>
	<p>18 </p> <p>Chicken & Waffles</p> <p> Veggie Nuggets & Waffles*</p> <p>Cheese Quesadilla*</p>	<p>19</p> <p>Crispy Chicken Sandwich</p> <p> Picnic Pack*</p>	<p>20</p> <p>Cheeseburger</p> <p> Veggie Burger*</p> <p>Bean & Cheese Burrito*</p>	<p>21 </p> <p>Chicken Potstickers</p> <p>Grilled Cheese Sandwich*</p>	<p>22</p> <p>Garlex Pizza (pepperoni or cheese*) </p>
	<p>25 </p> <p>Chicken & Rice Burrito</p> <p>Breaded Ravioli + Bosco Stick*</p>	<p>26 </p> <p>Orange Chicken with Rice</p> <p>Cheese Enchilada*</p>	<p>27 Cookie Day</p> <p>Chicken Nuggets</p> <p>Cheese Bosco Sticks*</p>	<p>28 </p> <p>Beef & Cheese Soft Taco</p> <p>Mac & Cheese*</p>	<p>29</p> <p>Garlex Pizza (pepperoni or cheese*) </p>

This institution is an equal opportunity provider.