

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

This institution is an equal opportunity provider.