



# Pleasant Valley School District Middle School



(Grades 7-8)

## Breakfast and Lunch Menu

Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
<b>BREAKFAST</b>				
Cereal or Bagelful - Cinnamon or Plain	Cereal or Warm Maple Pancakes	Cereal or Warm Egg and Cheese Wrap	Cereal or Yogurt with Mini Blueberry Muffins	Cereal or Warm Cherry Fruedel
<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>				
Kasa Pizza Chicken Patty on Whole Wheat Roll Cheeseburger on Whole Wheat Roll Chicken Caesar Salad	Cheese Pizza Meatball Sub on a WG Roll WG Corn Dogs Chicken Caesar Salad	Personal Pan Pizza Mashed Potato Bowl** with Whole Wheat Dinner Roll Chicken Caesar Salad	French Bread Pizza Hot Ham & Cheese on a Pretzel Bun P V Bear Burger on a Roll Chicken Caesar Salad	Big Daddy Pizza Pasta w/Meat or Marinara Sc & WG Dinner Roll BBQ Rib SandRib B Que Sandwich Chicken Caesar Salad
<b>SIDES - Sides Served Every Day are Listed at the Bottom</b>				
Season Peas	Seasoned Carrots French Fries	Seasoned Corn	Steamed Green Beans	Broccoli
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
<b>BREAKFAST</b>				
Cereal or Bagelful - Cinnamon or Plain	Cereal or Yogurt Parfait with Mini Apple Cinnamon Loaf	Cereal or Warm Egg and Cheese Wrap	Cereal or Warm Apple Fruedel	Cereal or Un crustable Peanut Butter & Jelly
<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>				
French Bread Pizza Chestek wrap Chicken Patty on Whole Wheat Roll Chef Salad with Ham	Personal Pan Pizza Brunch for Lunch * Cheeseburger on Whole Wheat Roll Chef Salad with Ham	Fiesta Pizza Taco Bar Chef Salad with Ham	Pepperoni Pizza Chicken Tenders with Whole Wheat Roll Hot Dog on WG Roll Chef Salad with Ham	Assorted Pizza Macaroni & Cheese Assorted Deli Sandwiches on WG Kaiser Roll Chef Salad with Ham
<b>SIDES - Sides Served Every Day are Listed at the Bottom</b>				
Baked Beans Smiles Potatoes	Baby Carrots Potato Rounds	Seasoned Corn	Seasoned Broccoli	Stewed Tomatoes

\* Brunch for Lunch consists of French Toast Stix and Sausage

### Available Entree Options Every Day:

Peanut Butter & Jelly Sandwich  
Yogurt or Yogurt Parfait with Soft Pretzel or Bagel

### Available Side Options Every Day:

Assorted Variety of Fruits & Fruit Juice  
Romaine Garden Salad, Veggies wDip  
Choice of 1/2 Pint of Nonfat Milk or 1% Milk Available

\*\* Mashed Potato Bowl Consists of Popcorn Chicken, Mashed Potatoes, Corn and Gravy



### Food for Thought

Your body synthesizes vitamin D when your skin is exposed to sunlight, but too much sun may also increase your risk for skin cancer, wrinkles and age spots.

Checks are accepted and should be written in dark blue or black ink and made out to PVSD Cafeteria.

Breakfast will not be served when there is a 2 hour delay.

MENU IS SUBJECT TO CHANGE

If you have any questions or concerns call Beverly Hendricks, Director of Food Service at 570-402-1000 ext. 8452.



# Pleasant Valley School District Middle School



(Grades 7-8)

## Breakfast and Lunch Menu

Monday, May 20	Tuesday, May 21	Wednesday, May 22	Thursday, May 23	Friday, May 24
<b>BREAKFAST</b>				
Cereal or Warm Maple Waffle	Cereal or Warm Sausage and Egg Sandwich	Cereal or Mini-Cinnis	Cereal or Yogurt with Mini Blueberry Loaf	Cereal or Bagelful - Cinnamon or Plain
<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>				
French Bread Pizza Chicken Patty on a WG Roll WG Corn Dog Crispy Chicken Popper Salad	Personal Pan Pizza Chicken Cheese Steak Sandwich on WWRoll with PV Steak Sauce Meatball Sub on a WG Roll Crispy Chicken Popper Salad	Whole Wheat Kasa Pizza Mashed Potato Bowl** with Whole Wheat Dinner Roll Crispy Chicken Popper Salad	Cheese Pizza Orange Chicken w/Brown Rice Hot Ham & Cheese on Pretzel Bun Crispy Chicken Popper Salad	Big Daddy Pizza Chicken Tenders with Whole Wheat Dinner Roll Crispy Chicken Popper Salad
<b>SIDES - Sides Served Every Day are Listed at the Bottom</b>				
Baked Beans	Seasoned Carrots	Seasoned Corn	Broccoli	Green Beans
Monday, May 27	Tuesday, May 28	Wednesday, May 29	Thursday, May 30	Friday, May 31
<b>Memorial Day</b>  Memorial Day is a United States federal holiday that is observed on the last Monday in May. It was formerly known as Decoration Day. This holiday commemorates US men and women who have died in military service to their country. It began first to honor Union soldiers who died during the American Civil War. After World War I, it was expanded to include those who died in any war or military action. One of the longest standing traditions is the running of the Indianapolis 500 which has been held in conjunction with Memorial Day since 1911	<b>BREAKFAST</b>			
	Cereal or Warm Egg & Cheese Sandwich	Cereal or Yogurt with Mini Blueberry Loaf Bread	Cereal or Whole Grain Pop-Tart	Cereal or Cereal Bar w/Yogurt
	<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>			
	Mickey's Pizza Hot Dog on a Whole Wheat Roll Spicy Chicken Patty on Whole Wheat Roll Chef Salad with Turkey	Cheese Pizza Taco w/Brown Rice Chef Salad with Turkey	Chicken Quesadilla Pizza Macaroni & Cheese Chicken Patty on WG Roll Chef Salad with Turkey	Assorted Pizza PV Bear Burgers on WG Roll BBQ Rib on a WG Steak Roll Chef Salad with Turkey
	<b>SIDES - Sides Served Every Day are Listed at the Bottom</b>			
Seasoned Carrots	Steamed Corn	Stewed Tomatoes	Baked Beans	

\* Brunch for Lunch consists of  
French Toast Stix and Sausage

**Available Entree Options Every Day:**

- Peanut Butter & Jelly Sandwich
- Yogurt or Yogurt Parfait with Soft Pretzel or Bagel

**Available Side Options Every Day:**

- Assorted Variety of Fruits & Fruit Juice
- Romaine Garden Salad, Veggies w/Dip
- Choice of 1/2 Pint of Nonfat Milk or 1% Milk Available

\*\* Mashed Potato Bowl Consists  
of Popcorn Chicken, Mashed  
Potatoes, Corn and Gravy

**MENU IS SUBJECT  
TO CHANGE**



Breakfast will not be  
served when there is a  
2 hour delay.



**Checks are accepted and  
should be written in dark blue  
or black ink and made out to  
PVSD Cafeteria.**

**Food for Thought**

Encourage physical activity. Everyday, anything goes! Active kids burn calories, increase muscle and bone density and are out of the kitchen.

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