



# Pleasant Valley School District Elementary Intermediate



(Grades K - 6)

## Breakfast and Lunch Menu

Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
<b>BREAKFAST</b>				
Cereal or Warm Bagel Fresh Fruit or Fruit Juice	Cereal or Warm Maple Pancakes Fresh Fruit or Fruit Juice	Cereal or Warm Ham and Cheese Wrap Fresh Fruit or Fruit Juice	Cereal or Yogurt with Mini Blueberry Muffin Fresh Fruit or Fruit Juice	Cereal or Warm Cherry Fruedel Fresh Fruit or Fruit Juice
<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>				
Kasa Pizza BBQ Rib B Ques on WG Roll Chicken Caesar Salad	Personal Pan Pizza Taco with Brown Rice Chicken Caesar Salad	Cheese Pizza Toasted Cheese Chicken Caesar Salad	French Bread Pizza Chicken Salad Wrap Chicken Caesar Salad	Big Daddy Pizza Cheesesteak on WG Roll Chicken Caesar Salad
<b>SIDES - Sides Served Every Day are Listed at the Bottom</b>				
Seasoned Green Beans	Seasoned Corn	Tomato Soup	Seasoned Broccoli	Baked Beans
Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
<b>BREAKFAST</b>				
Cereal or Warm Bagel Fresh Fruit or Fruit Juice	Cereal or Yogurt with Mini Apple Cinnamon Loaf Fresh Fruit or Fruit Juice	Cereal or Warm Egg and Cheese Wrap Fresh Fruit or Fruit Juice	Cereal or Warm Apple Fruedel Fresh Fruit or Fruit Juice	Cereal or Bagelful Fresh Fruit or Fruit Juice
<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>				
French Bread Pizza Hot Dog on Whole Wheat Roll Chef Salad with Ham	Stuffed Crust Pizza Brunch for Lunch * Chef Salad with Ham	Big Daddy Pizza Turkey Deli Wrap Chef Salad with Ham	Kasa Pizza Mashed Potato Bowl ** with Whole Wheat Dinner Roll Chef Salad with Ham	Mickey's Pizza Cheeseburger on Whole Wheat Roll Chef Salad with Ham
<b>SIDES - Sides Served Every Day are Listed at the Bottom</b>				
Baked Beans	Sliced Carrots	Green Beans - Pierogies	Mashed Potatoes - Corn	Seasoned Broccoli

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

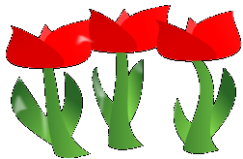
**Available Entree Options Every Day:**

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



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



**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.

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



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(Grades K - 6)

## 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 Blueberry Waffle Fresh Fruit or Fruit Juice	Cereal or Whole Grain Pop-Tart Fresh Fruit or Fruit Juice	Cereal or Warm Ham and Egg Sandwich Fresh Fruit or Fruit Juice	Cereal or Yogurt Parfait with Mini Blueberry Muffin Fresh Fruit or Fruit Juice	Cereal or Warm Bagel Fresh Fruit or Fruit Juice	
<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>					
French Bread Pizza Chicken WGWraps Crispy Chicken Popper Salad	Personal Pan Pizza Steak Sandwich on WW Roll with PV Steak Sauce Crispy Chicken Popper Salad	Whole Wheat Kasa Pizza Cheeseburger on Pretzel Bun Crispy Chicken Popper Salad	Cheese Pizza Brunch - Scrambled Eggs w/Sausage & WG Muffin Crispy Chicken Popper Salad	Assorted Pizza Meatball Hoagie Crispy Chicken Popper Salad	
<b>SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)</b>					
Baked Beans	Curley Fries * Carrots	Seasoned Green Beans	Seasoned Broccoli	Seasoned Corn	
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 of May. It was formerly known as Decoration Day. This holiday commemorates U.S. 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 Mini French Toast Fresh Fruit or Fruit Juice	Cereal or Yogurt with Mini Blueberry Muffin Fresh Fruit or Fruit Juice	Cereal or Whole Grain Pop-Tart Fresh Fruit or Fruit Juice	Cereal or Warm Pizza Bagel Fresh Fruit or Fruit Juice	
	<b>LUNCH - ENTRÉE - Entrées Served Every Day are Listed at the Bottom</b>				
	French Bread Pizza Soft Shell Taco with Brown Rice Chef Salad with Turkey	Big Daddy Pizza Sloppy Joe on Whole Wheat Roll Chef Salad with Turkey	Whole Wheat Kasa Pizza Mashed Potato Bowl ** with Whole Wheat Dinner Roll Chef Salad with Turkey	Micky's Pizza Chicken Fries & WG Dinner Roll Chef Salad with Turkey	
	<b>SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)</b>				
Steamed Green Beans	Seasoned Carrots	Corn	Baked Beans		

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



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MENU IS SUBJECT TO CHANGE



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

**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
- Veggies and Dip
- Choice of 1/2 Pint of Nonfat Milk



**Food for Thought**

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

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

