



# Pleasant Valley School District

## PVE Kindergarten

### Breakfast and Lunch Menu



Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
<b>BREAKFAST</b>				
Cereal Fresh Fruit or Fruit Juice Nonfat Milk	Warm Maple Pancakes Fresh Fruit or Fruit Juice Nonfat Milk	Warm Ham and Cheese Wrap Fresh Fruit or Fruit Juice Non Fat Milk	Cereal Fresh Fruit or Fruit Juice Nonfat Milk	Warm Cherry Fruedel Fresh Fruit or Fruit Juice Nonfat Milk
<b>LUNCH</b>				
<b>ENTRÉE - Entrées Served Every Day are Listed at the Bottom (Please Select One)</b>				
Chicken Patty on Whole Wheat Roll	Toasted Cheese	Personal Pan Pizza	French Bread Pizza	Meatball Sub on Whole Wheat Roll
<b>SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)</b>				
Seasoned Green Beans Chilled Fruit Mix	Tri Tator Honey Apple Crisp	Seasoned Corn Chilled Peaches	Seasoned Broccoli Chilled Apple Sauce	Baked Beans Chilled Mandarin Oranges

Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<b>BREAKFAST</b>				
Yogurt w/Mini Blueberry Loaf Fresh Fruit or Fruit Juice Nonfat Milk	Cereal Fresh Fruit or Fruit Juice Nonfat Milk	Warm Egg and Cheese Wrap Fresh Fruit or Fruit Juice Non Fat Milk	Warm Apple Fruedel Fresh Fruit or Fruit Juice Nonfat Milk	Cereal Fresh Fruit or Fruit Juice Nonfat Milk
<b>LUNCH</b>				
<b>ENTRÉE - Entrées Served Every Day are Listed at the Bottom (Please Select One)</b>				
Hot Dog on Whole Wheat Roll	Stuffed Crust Pizza	Lunch Meat Hoagie on Whole Wheat Roll	Kasa Pizza	Cheeseburger on Whole Wheat Roll
<b>SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)</b>				
Seasoned Green Beans Apple Slices w/Cinnamon	Sweet Tater Gems Chilled Fruit Mix	Green Beans Chilled Peaches	Seasoned Corn Sliced Strawberries	Seasoned Broccoli Chilled Pears

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



Choice of 1/2 Pint of Nonfat Milk



MENU IS SUBJECT TO CHANGE



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



**MEAL PRICES**

**LUNCH: Deposit \$25.50 buy 10 meals and get one free**

**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.



# Pleasant Valley School District

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### Breakfast and Lunch Menu



Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<b>BREAKFAST</b>				
Cereal	Warm Ham and Egg Sandwich	Mini-Cinnis	Yogurt Parfait with Mini Blueberry Muffin	Cereal
Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice
Nonfat Milk	Nonfat Milk	Non Fat Milk	Nonfat Milk	Nonfat Milk
<b>LUNCH</b>				
<b>ENTRÉE - Entrées Served Every Day are Listed at the Bottom (Please Select One)</b>				
Turkey Deli on Whole Wheat Roll	Personal Pan Pizza	Ham and Cheese on Pretzel Bun	Whole Wheat Spaghetti with Meatballs & Whole Wheat Breadstick	Chicken Fries and Whole Wheat Dinner Roll
<b>SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)</b>				
Baked Beans	Seasoned Carrots	Seasoned Green Beans	Seasoned Broccoli	Seasoned Corn
Fruit Juice Bars	Chilled Pears	Chilled Peaches	Chilled Apple Sauce	Blueberry Tarts

Monday, May 29	Tuesday, May 30	Wednesday, May 31	Thursday, June 1	Friday, June 2
<b>Monday, May 15</b>				
Cereal	French Toast Mini	Yogurt with Mini Blueberry Loaf Bread	Whole Grain Pop-Tart	Cereal
Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice
Nonfat Milk	Nonfat Milk	Non Fat Milk	Nonfat Milk	Nonfat Milk
<b>LUNCH</b>				
<b>ENTRÉE - Entrées Served Every Day are Listed at the Bottom (Please Select One)</b>				
Chicken Nuggets with Whole Wheat Dinner Roll	Mickey's Pizza	Sloppy Joe on Whole Wheat Roll	Mashed Potato Bowl ** with Whole Wheat Dinner Roll	Hot Dog on a Whole Wheat Roll
<b>SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)</b>				
Smile Potatoes	Steamed Corn	Seasoned Carrots	Seasoned Green Beans	Baked Beans
Chilled Fruit Mix	Chilled Peaches	Apple Slices w/Cinnamon	Chilled Applesauce	Chilled Pears



Choice of 1/2 Pint of Nonfat Milk



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

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



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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#### MEAL PRICES

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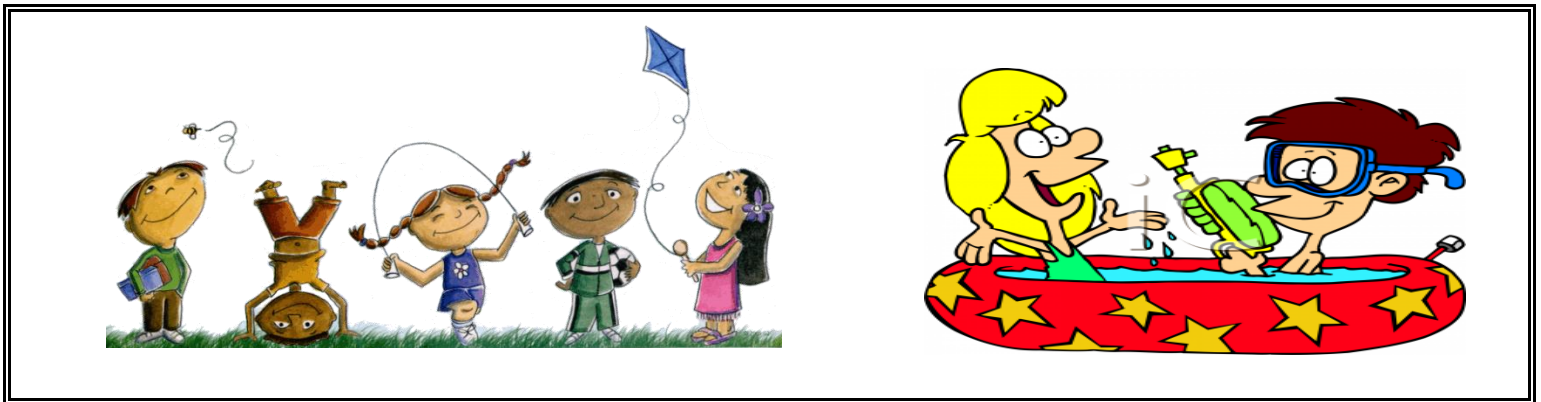
# Pleasant Valley School District

## PVE Kindergarten

### Breakfast and Lunch Menu



Monday, June 5	Tuesday, June 6	Wednesday, June 7	Thursday, June 8	Friday, June 9
<b>BREAKFAST</b>			<b>Act 80</b>   <b>No School For Students</b>	
Cook's Choice				
<b>LUNCH</b>				
ENTRÉE - Entrées Served Every Day are Listed at the Bottom (Please Select One)				
Cooks's Choice				
SIDES - Sides Served Every Day are Listed at the Bottom (Please Select Two)				
Assorted Fruits and Vegetables				



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

Choice of 1/2 Pint of Nonfat Milk



# Summer Fun

**Food for Thought**

Don't obsess over the scale; it can drive you nuts! Limit the times you weigh yourself to no more than once or twice a week. In fact, avoid hopping on the scale each time you hit the bathroom by packing it away in the closet between weigh-ins, or simply weigh yourself outside your home (at the gym, your doctor's office,

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**MEAL PRICES**

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