

PLEASANT VALLEY OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Steak w/Gravy Popcorn Chicken Smackers Creamed Potatoes Green PEAs WW Roll Tossed Green Salad Fruit	3 Sub Shop: Turkey, Ham or Meatball Assorted Veggies Carrot Stix Baked Chips Vegetarian Beans Fruit	4 Chicken Sandwich or Baked Italian Casserole Broccoli w/Cheese Oven Roasted Potatoes Tossed Salad & Fruit Carrots Lett/Tom/Pickle	5 Spaghetti w/ WW Roll Chicken Sand Oven Roasted Potatoes Steamed Broccoli Carrots Tossed Green Salad Fruit	6 Chicken Fritters w/Roll Turnip Greens Mac n Cheese Pinto BEans WW Roll Tossed Green Salad Tropical Fruit Salad
9 Columbus Day No School	10 Chicken Sandwich Pizza French Fries Spiced Apples Lett/Tom/Pickle Tossed Salad Fruit	11 "Breakfast For Lunch" Biscuit Choice of Meat Gravy Tator Rounds Egg Omelet Assorted Fruit Tomato Slices	12 Nachos or Chicken Fajita Nacho Trimmings Fiesta Rice Refried Beans Tossed Green Salad Fruit	13 Chicken Fritters w/Roll Turnip Greens Mac n Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
16 Steak w/Gravy Popcorn Chicken Smackers Creamed Potatoes Green PEAs WW Roll Tossed Green Salad Fruit	17 Sub Shop: Turkey, Ham or Meatball Assorted Veggies Carrot Stix Baked Chips Vegetarian Beans Fruit	18 Chicken Sandwich or Baked Italian Casserole Broccoli w/Cheese Oven Roasted Potatoes Tossed Salad & Fruit Carrots Lett/Tom/Pickle	19 Spaghetti w/ WW Roll Chicken Sand Oven Roasted Potatoes Steamed Broccoli Carrots Tossed Green Salad Fruit	20 Chicken Fritters w/Roll Turnip Greens Mac n Cheese Pinto BEans WW Roll Tossed Green Salad Tropical Fruit Salad
23 Oven Fried Chicken or Cheeseburger Creamed Potatoes Carrots Green Beans Lettuce/Tomato/Pickle Tossed Green Salad & Fruit	24 Chicken Sandwich Pizza French Fries Spiced Apples Lett/Tom/Pickle Tossed Salad Fruit	25 Fish Sandwich or BBQ Sandwich Baked Chips Baked Beans Cole Slaw Carrots Tossed Salad & Fruit	26 Nachos or Chicken Fajita Nacho Trimmings Fiesta Rice Refried Beans Tossed Green Salad Fruit	27 Chicken Fritters w/Roll Turnip Greens Mac n Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
30 Steak w/Gravy Popcorn Chicken Smackers Creamed Potatoes Green PEAs WW Roll Tossed Green Salad Fruit	31 Sub Shop: Turkey, Ham or Meatball Assorted Veggies Carrot Stix Baked Chips Vegetarian Beans Fruit			

Assorted Fruit and Milk available each day. "USDA is an equal opportunity provider "