

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	Breakfast for Lunch Pancakes w/ Syrup Pork Sausage Baked Hash Brown Potato	RF WG Individual Pan Pizza Cheese or Pepperoni Tossed Salad Fresh Fruit	RF Beef Taco Nachos Served with WG "Scoops" Tortilla Chips RF Shredded Cheddar Cheese Salsa	Baked Tyson Chicken Nuggets w/ Dipping Sauce Hot Vegetable WG Dinner Roll	Daily Special OR RF WG Toasted Cheese Sandwich Baked Chips Fresh Baby Carrots
B	Breakfast for Lunch Cinnamon French Toast w/ Syrup Pork Sausage 100% Fruit Juice	RF WG French Bread Pizza Cheese or Pepperoni Hot Vegetable Fresh Fruit	WG Pasta w/ RF Italian Meat Sauce Hot Vegetable Garlic Bread	Baked Tyson Chicken Tenders w/ Dipping Sauce Crinkle Cut Oven Fries WG Warm Soft Pretzel	Eisenberg All-Beef Hotdog on a WG Bun Oven Baked Shoestring Fries Fresh Apple
C	Breakfast for Lunch French Toast Sticks w/ Syrup Pork Sausage Baked Hash Brown Potato	WG RF Stuffed Crust Pizza Cheese or Pepperoni Tossed Salad Fresh Fruit	RF Breaded Mozzarella Cheese Sticks w/ Marinara Sauce Hot Vegetable Fruit Cup	Special To Be Announced	RF Hamburger or Cheeseburger on a WG Bun Oven Baked Potato Wedges Orange Smiles

Pleasant Ridge

To see which weeks "A," "B," or "C" foods are served, please see reverse.

BAG LUNCHES OFFERED DAILY

Delicious Freshly Made Assorted Sandwiches
Made on Whole Grain Breads, Rolls and Wraps
Peanut Butter and Jelly Uncrustable Sandwich
Bagel and Yogurt Lunch

OFFERED WITH ALL LUNCH CHOICES

Unlimited Fresh Fruit and Vegetable Side Choices
On the Fruits and Vegetable Bar
1% and Skim Milk Choices

RF— Reduced Fat Item
WG— Whole Grain Item

**Stay Healthy,
Eat Well,
Exercise Often!**



*Healthy Foods and
Good Nutrition
are always on our Menus.*