



Pleasant Hill Academy

October/November

Fresh Fruit is served for Morning Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 Breakfast: Biscuits Turkey Bacon Mixed Fruits</p> <p>Lunch: Homemade Chili Cornbread Pineapple</p> <p>PM Snack: Graham Crackers w/ Pears</p>	<p>30 Breakfast: Scrambled Eggs Smoked Sausage Seasonal Fruits</p> <p>Lunch: Pasta w/ Meat Sauce Corn Pears</p> <p>PM Snack: Sliced Oranges Graham Crackers</p>	<p>31 Breakfast: Yogurt Fruit Salad</p> <p>Lunch: Chicken Tenders Mashed Potatoes Mixed Vegetables Pears</p> <p>PM Snack: Sliced Oranges Vanilla Wafers</p>	<p>1 Breakfast: Oatmeal Turkey Bacon Mixed Fruits</p> <p>Lunch: Chicken Quesadillas Mixed Vegetables Peaches</p> <p>PM Snack: Cheddar Cheese Wheat Crackers</p>	<p>2 Breakfast: Crispy Cereal Fresh Banana</p> <p>Lunch: Sloppy Joe Sandwich Carrots&Peas Fruit Cocktail</p> <p>PM Snack: Turkey & Cheese Roll Ups</p>
<p>5 Breakfast: English Muffins Turkey Sausage Mixed Fruits</p> <p>Lunch: Homemade Beef Stew Cornbread Pears</p> <p>PM Snack: Vanilla Wafers Yogurt</p>	<p>6 Breakfast: Oatmeal Apples</p> <p>Lunch: Pasta w/ Alfredo Italian Vegetables Pineapple</p> <p>PM Snack: Wheat Crackers String Cheese</p>	<p>7 Breakfast: Blueberry Muffins Fruit Salad</p> <p>Lunch: Smothered Chicken Black Eye Peas Basmati Rice Mixed Fruits</p> <p>PM Snack: Spinach Dip w/ Pita Bread</p>	<p>8 Breakfast: Grits Turkey Sausage Pineapples</p> <p>Lunch: BBQ Chicken Green Beans Baked Beans Fruit Medley</p> <p>PM Snack: Peach Crisp</p>	<p>9 Breakfast: French Toast Sticks Mixed Fruit</p> <p>Lunch: Cheese Lasagna Steamed Broccoli Whole Wheat Roll Sliced Apples</p> <p>PM Snack: Pita Chips w/ Hummus</p>
<p>12 Breakfast: Biscuits w/Turkey Sausage Gravy Peaches</p> <p>Lunch: Baked Spaghetti Normandy Blend Fruit Medley</p> <p>PM Snack: Sliced Apples/ Cheese Sticks</p>	<p>13 Breakfast: Waffles Strawberries</p> <p>Lunch: Turkey & Cheese Sandwiches Carrots Mixed Fruit</p> <p>PM Snack: Graham Crackers w/ Peaches</p>	<p>14 Breakfast: Oatmeal Peaches</p> <p>Lunch: Homemade Vegetable Soup Corn Bread Pears</p> <p>PM Snack: Saltine Crackers w/ Cheese Triangles</p>	<p>15 Breakfast: Cream of Wheat Bananas</p> <p>Lunch: Fettuccini Alfredo w/ Chicken Broccoli Mixed Fruit</p> <p>PM Snack: Vanilla Yogurt Peaches</p>	<p>16 Breakfast: Cheese Toast Turkey Bacon Apples</p> <p>Lunch: Cheese Pizza Green Peas Sliced Oranges</p> <p>PM Snack: Tortilla Chips w/ Salsa</p>
<p>19 Breakfast: Oatmeal Strawberries</p> <p>Lunch: Baked Chicken Mashed Potatoes Green Peas Fresh Cantaloupe</p> <p>PM Snack: Graham Crackers w/ Bananas</p>	<p>20 Breakfast: Yogurt Fruit Salad</p> <p>Lunch: Homemade Meatloaf Steamed Rice Pineapple</p> <p>PM Snack: Vanilla Wafers Seasonal Fruit</p>	<p>21 Breakfast: Cheese Grits Mixed Fruit</p> <p>Lunch: Sweet & Tangy Chicken Basmati Rice Mixed Vegetables Pears</p> <p>PM Snack: Spinach Dip w/ Pita Bread</p>	<p>22 C L O S E D</p>	<p>23 Breakfast: Cream of Wheat Sliced Oranges</p> <p>Lunch: Tomato Soup Grill Cheese Peaches</p> <p>PM Snack: Cheese Its Mixed Fruit</p>
<p>26 Breakfast: Hash Browns Turkey Bacon Mixed Fruits</p> <p>Lunch: BBQ Chicken Pizza Broccoli Pears</p> <p>PM Snack: Guacamole w/ Pita Chips</p>	<p>27 Breakfast: Pancakes Turkey Sausage Pineapples</p> <p>Lunch: Sloppy Joe w/ Bun Mixed Vegetables Fruit Medley</p> <p>PM Snack: Graham Crackers w/ Peaches</p>	<p>28 Breakfast: Cinnamon Toast Bananas</p> <p>Lunch: Cheese Lasagna w/ Meat Sauce Italian Vegetables Tropical Fruit</p> <p>PM Snack: Vanilla Wafers Fresh Melon</p>	<p>29 Breakfast: Cream of Wheat Sliced Oranges</p> <p>Lunch: Corn Taco Shell Ground Turkey w/Taco Toppings Baked Apples</p> <p>PM Snack: Homemade Banana Bread</p>	<p>30 Breakfast: Crispy Cereal Bananas</p> <p>Lunch: Salisbury Steaks Mashed Potatoes Mixed Vegetables Peaches</p> <p>PM Snack: Baked Apple Crisp</p>

Whole milk is served to children under two years of age and 1% milk to children over two years of age.
Milk is served at AM snack and lunch. Water is served at PM snack.