

**BACK TO SCHOOL
MENU 2018-19**

Weekly Breakfast Offerings

Whole Grain Cereal with Milk, a variety of Fresh Fruits and Water available every morning

MONDAY:

Breakfast Pizza or Whole Wheat Bagels with Cream Cheese

WEDNESDAY:

Breakfast Burritos or Tacos



TUESDAY:

Hot Oatmeal and Fruit & Yogurt Bar, Or Breakfast Sandwiches and Sliders

THURSDAY:

Baked French Toast or Breakfast Sandwiches

FRIDAYS:

Breakfast Scrambles or Whole Wheat Bagels with Cream Cheese

*****Fruit & Yogurt Parfait OR Fresh Fruit Smoothie available as an additional choice for students*****

Weekly Lunch Offerings

Daily Specials Include soup, sandwich or vegetarian options & salad bar.

Milk and Fresh Fruit are included with every meal

MEATLESS MONDAYS:

Try out some of the new vegan and vegetarian menu options like our Baked Potato Bar, Homemade Hearty Soups, Black Bean Burgers and Ratatouille

CLASSIC FAVORITES WEDNESDAYS:

A few options for today may include Hamburgers and Polish Hot Dogs, Sloppy Joes, BLT Sandwiches, or Chicken Caesar Wraps.



TAQUERIA TUESDAYS:

Selections may include Fiesta Chicken Rice Bowls, Ultimate Nachos, Beef or Chicken Enchiladas, or Mexican Pizzas.

CALIFORNIA THURSDAYS:

Check out our new recipes developed by Chef Sean Conry, or dishes inspired from locally sourced farms such as Sage Eggs & Ham and our own School Gardens

ITALIAN FRIDAYS:

A few options for today may include Spaghetti & Meatballs, Chicken Parmesan Sandwiches or our Homemade Freshly Baked Pizzas.

PLUMAS UNIFIED SCHOOL DISTRICT IS PLEASED TO ANNOUNCE THAT
BREAKFAST AND LUNCH ARE AVAILABLE AT NO CHARGE TO ALL STUDENTS

Prices	Breakfast	Lunch	Salad Bar
Adults	\$3.00	\$4.00	\$2.00