


September 2023

Plum Valley Elementary School

Breakfast and Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
Free Breakfast and Lunch Tk-8 th grade		DAILY MILK CHOICES 1% WHITE NON FAT CHOCOLATE				MENU SUBJECT TO CHANGE		1 Crumb Cake or Cereal Fruit 100% Fruit Juice Milk	Pizza Veggies Fruit Milk
4 Labor Day No School		5 Cereal String Cheese Fruit 100% Fruit Juice Milk	Chicken Nuggets Veggies Fruit Milk	6 Frudel or Cereal 100% Fruit Juice Fruit Milk	Beef and Cheese taco Veggies Fruit milk	7 Pancake sausage on a stickor cereal 100% Fruit Juice Fruit Milk	Chicken Sandwich Veggies Fruit Milk	8 Oatmeal or cereal 100% Fruit Juice Fruit Milk	Galaxy Pizza Veggies Fruit Milk
11 Cereal String Cheese Fruit 100% Fruit Juice Milk	Chicken Nuggets Veggies Fruit Milk	12 Breakfast cluster or Cereal Fruit 100% Fruit Juice Milk	Max Cheese sticks with Marinara Veggies Fruit Milk	13 Buttermilk bar or Cereal 100% Fruit Juice Fruit Milk	Turkey Hoagie Veggies Fruit Milk	14 Chocolate donut or cereal 100% Fruit Juice Fruit Milk	Tornado Veggies Fruit Milk	15 Banana bread or cereal 100% Fruit Juice Fruit Milk	Basco Pizza Sticks Veggies Fruit Milk
18 Cereal String Cheese Fruit 100% Fruit Juice Milk	Chicken Nuggets Veggies Fruit Milk	19 Muffins or Cereal Fruit 100% Fruit Juice Milk	Hot dog French Fries Fruit Milk	20 Cini Mini or cereal 100% Fruit Juice Fruit Milk	Peanut butter and Jelly sandwich Carrots Apples Juice or Milk	21 Parfait or cereal 100% Fruit Juice Fruit Milk	Chicken Fajita Lettuce Cheese Salsa Fruit Milk	22 Eggs and Sausage or Cereal 100% Fruit Juice Fruit Milk	French Bread Pizza Veggies Fruit Milk
25 Cereal String Cheese Fruit 100% Fruit Juice Milk	Chicken Nuggets Veggies Fruit Milk	26 Breakfast bun or Cereal Fruit 100% Fruit Juice Milk	Grilled Cheese Veggies Fruit Milk	27 Churro or Cereal 100% Fruit Juice Fruit Milk	Turkey taco Veggies Fruit milk	28 Scone or cereal 100% Fruit Juice Fruit Milk	Hamburgers Veggies Fruit Milk	29 Cooks choice 100% Fruit Juice Fruit Milk	Hot Pocket Pizza Sticks Veggies Fruit Milk

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****MENU SUBJECT TO CHANGES****