

# Pleasant Local Schools 2018-2019 Middle School Menu



CHICKEN FLATBREAD  
ROCCOLI & CHEESE  
ICE CUP  
MILK

FRENCH TOAST STICKS  
SUGAR FREE SYRUP CUP  
EGG PATTY  
SAUSAGE PATTY  
TATER TOTS  
ORANGE SLICES  
MILK

HAMBURGER PATTY ON A BUN  
CHEESE, PICKLE & LETTUCE  
OPTIONAL  
SWEET POTATO FRIES  
APPLESAUCE  
MILK

CHICKEN QUESADILLA  
SALSA, LETTUCE & SOUR  
CREAM OPTIONAL  
REFRIED BEANS  
PINEAPPLE  
MILK

MACARONI & CHEESE  
YOGURT CUP  
FRESH MIXED VEGETABLES  
RANCH DIP OPTIONAL  
MIXED FRUIT  
MILK

CHICKEN NUGGETS  
BAKED BEANS  
JIFFIN  
100% JUICE SIDEKICK  
MILK

GRILLED CHEESE ON BREAD  
TOMATO SOUP  
CELERY STICKS  
WITH PEANUT BUTTER  
DICED PEACHES  
MILK

ASIAN CHICKEN & RICE  
DINNER ROLL  
STEAMED BROCCOLI  
DICED PEARS  
MILK

SPAGHETTI WITH MEAT SAUCE  
BREAD SLICE  
SIDE SALAD  
DRESSING OPTIONAL  
MIXED FRUIT  
MILK

SALISBURY STEAK  
BREAD SLICES  
MASHED POTATOES  
GRAVY OPTIONAL  
APPLE  
MILK

B.Q. PULLED PORK  
ON A BUN  
SWEET POTATO FRIES  
BAKED APPLES  
MILK

HOT HAM & CHEESE ON A  
BAGEL  
COWBOY BAKED BEANS  
CHIPS  
JUICE CUP  
MILK

POPCORN CHICKEN BOWL  
WITH MASHED POTATOES,  
CORN AND GRAVY  
BREAD STICK  
FRESH GRAPES  
MILK

MEATBALLS IN MARINARA  
ON A SUB BUN  
SHREDDED CHEESE  
FRESH BROCCOLI  
RANCH DIP OPTIONAL  
MIXED FRUIT  
MILK

BUFFALO CHICKEN RIPPER  
SNACK CRACKERS  
GREEN BEANS  
PINEAPPLE  
MILK

BAKED BOSCO STICKS  
IN MARINARA SAUCE  
ROCCOLI & CHEESE  
DICED PEACHES  
MILK

TACO SALAD WITH MEAT  
LETTUCE, CHEESE, TACO  
SAUCE & SOUR CREAM  
TORTILLA CHIPS  
REFRIED BEANS  
JUICE CUP  
MILK

CHICKEN STRIPS  
FRENCH FRIES  
COOKIE  
APPLESAUCE  
MILK

MINI CORN DOGS  
MIXED VEGETABLES  
PRETZEL & CHEESE  
MIXED FRUIT  
MILK

CHICKEN ALFREDO  
COOKED CARROTS  
BANANA  
MILK

CHICKEN PATTY ON A BUN  
CHEESE & LETTUCE OPTIONAL  
GREEN BEANS  
COOKIE  
PINEAPPLE  
MILK

PANCAKES  
SUGAR FREE SYRUP CUP  
EGG & CHEESE OMELET  
TATER TOTS  
FRESH ORANGE SLICES  
MILK

SHREDDED CHICKEN ON A BUN  
FRESH CARROTS  
RANCH DIP OPTIONAL  
COOKIE  
APPLESAUCE  
MILK

HOT ITALIAN SUB  
LETTUCE WITH DRESSING  
OPTIONAL  
BEAN DIP WITH TORTILLA  
CHIPS  
DICED PEARS  
MILK

CREAMY CHICKEN PENNE  
PASTA  
DARK GREEN SALAD  
DRESSING OPTIONAL  
GARLIC TWISTED BREADSTICK  
JUICE CUP  
MILK

Lunch Prices:

Students: \$2.90

Reduced: \$0.40

Adult: \$3.25

A Choice of milk is served everyday

All flavored milk is Fat Free, White  
milk is 1%

Menu is subject to change.

All items  
containing  
grain are  
Whole Grain.

All menu  
items may  
contain nuts.

## BREAKFAST

Monday  
Cherry Frudel  
Yogurt Cup  
Juice Cup/Apple  
Milk

Tuesday  
Poptart  
Scooby Snacks  
Juice Cup/Banana  
Milk

Wednesday  
Pancakes  
Juice/Applesauce  
Milk

Thursday  
Blueberry  
Sausage  
Pancake on a  
Stick  
Bunny Grahams  
Juice/Craisins  
Milk

Friday  
Breakfast Pizza  
Juice/Orange  
Milk

Your child(ren) can prepay their  
lunch by giving money to the  
cashier.

All students can pre-pay online at  
[www.pleasantlocalschools.org](http://www.pleasantlocalschools.org) Lori  
Kramp Food Service Director  
740.361.9276

Follow the menu with its calendar day. Each week is  
represented by a color and represents a 5-week  
cycle menu.



\*\*One fresh fruit is offered daily with a lunch purchase at no charge.

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