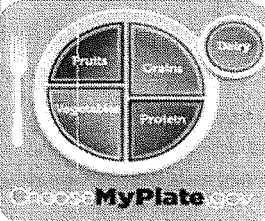





September

2015

Potter Valley Schools

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Choose MyPlate.gov</p>		1	2	3	4	
			Breakfast Sandwich Fresh Fruit	Cinnamon Rolls Fresh Fruit	Pancake on a Stick Fresh Fruit	
		Macho Nacho Rice, Beans & Garnish Veggie Burrito	Grilled Chicken Burger Fresh Fruit/Veggies PB&J	Chicken Ceasar Salad Burgers w/ Garnish PB&J	Pizza Fresh Salad & Veggies	
Served Daily Lunch: Milk 1% or Non Fat 8 oz. Fresh Fruit Fresh Veggies Vegetarian Option Sandwiches	No School	7	8	9	10	11
	Labor Day		Breakfast Pizza Fresh Fruit	Muffins Fresh Fruit	Cereal Fresh Fruit	Breakfast Buritto Fresh Fruit
		Taco's Rice, Beans & Garnish Veggie Burrito	Chicken Alfredo w/Twist Fresh Tossed Salad Whole Grain Roll	Chicken Enchilada Rice, Beans & Garnish Salad	Pizza Fresh Salad & Veggies	
Served Daily Breakfast Milk 1% or Non Fat 8 Oz. Yogurt Oatmeal Juices Cereal	13	14	15	16	17	18
		Ham & Cheese Bagel Fresh Fruit	Breakfast Sandwich Fresh Fruit	Cinnamon Rolls Fresh Fruit	French Toast Sticks Fresh Fruit	Breakfast Buritto Fresh Fruit
	Curry Chicken w/ Brown Rice Whole Grain Roll, Salad	Tortilla Pie Fresh Salad Veggie Burrito	BBQ Chicken Salad Mac & Cheese Whole Grain Roll	Crispy Chicken Burger Fresh Tossed Salad Veggies	Pizza Fresh Salad & Veggies	19
	20	21	22	23	24	25
	Bagel & Cream Cheese Fresh Fruit	Breakfast Pizza Fresh Fruit	Muffins Fresh Fruit	Cereal Fresh Fruit	Breakfast Buritto Fresh Fruit	
	Chicken Penne Fresh Salad Whole Grain Roll, Salad	Macho Nacho Rice, Beans & Garnish Veggie Burrito	Rainbow Rice w/ Chicken Fresh Tossed Salad Fruit & Veggies	Chicken Enchilada Rice, Beans & Garnish Salad	Pizza Fresh Salad & Veggies	
	28	29	30			
	Ham & Cheese Bagel Fresh Fruit	Breakfast Sandwich Fresh Fruit	Cinnamon Rolls Fresh Fruit	This Menu is Subject to change at anytime. Futher Questions Please Call Me at 743-1142. Thank you, Stacey Mills		
Spagetti w/ Meat Balls Salad Whole Grain Roll	Shredded Taco Rice, Beans & Garnish Salad	Chicken Ceasar Salad Mac & Cheese Whole Grain Roll				

In accordance to Federal Law and US Dept of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disibility.



MyPyramid.gov
 STEPS TO A HEALTHIER YOU

- Grains
- Oils
- Vegetables
- Milk
- Fruits
- Meat & Beans