









# December 2009



PLEASANT VALLEY SCHOOL DIST.

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	1 PANCAKES Orange Juice	2 BLUEBERRY BAGEL Fresh Apple	3 SAUSAGE PATTY ON A BISCUIT 100% Fruit Punch Graham Crackers	4 CRISPIX Banana Muffin Apple Juice
7 COCOA KRISPIES Apple Granola Square 100% Fruit Punch	8 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN Grape Juice Honey Belly Bears	9 BANANA MUFFIN Fresh Orange	10 CINNAMON SWIRL FRENCH TOAST Apple Juice	11 FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Bun Superstix  Orange Pineapple Juice
14 APPLE JACKS (WHOLE GRAIN) Brown Sugar Pop Tart Orange Juice	15 BUTTERMILK WAFFLES Grape Juice	16 CORN POPS Sliced Bagel Fresh Apple	17 BREAKFAST TOASTED CHEESE SANDWICH Apple Juice	18 BLUEBERRY MUFFIN Grape Juice
21 	<h1>HOLIDAY</h1>			25 
<h1>BREAK</h1>			31 	

\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK.\*MENU SUBJECT TO CHANGE.



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.