



## Pleasanton Unified School District

"Building on the past . . . Planning for the future"

### Lydiksen menu for February 6<sup>th</sup> to March 2<sup>nd</sup>

*\* now with carb counts\**

#### **Dates To Remember**

Feb. 13<sup>th</sup> – Lincoln's Birthday Holiday

Feb. 14<sup>th</sup> Valentine's Day

Feb. 20<sup>th</sup> – President's Day Holiday

Feb. 29<sup>th</sup> – Leap Day

March 2<sup>nd</sup> – Dr. Seuss Birthday

#### **Harvest of the Month – Broccoli**

#### **Mexican Monday –**

**Nachos** – Warm melted cheese with crisp corn tortilla chips (gluten free entrée) - \*48

**Crispy Spicy Mini Tacos** – 3 spicy chicken tacos served with shredded cheese and mild salsa - \*27

**Rev Foods Cheese Enchilada** – stone ground white corn tortilla, 3 cheeses, ranchero sauce, seasoned brown rice - \*58

*All meals include frozen 100% fruit smoothie - \*26*

#### **Euro Tuesday -**

**Pizza** – Large slice of cheese, vegetarian, Hawaiian or pepperoni whole grain pizza - \*25

**Ravioli**– 3 large whole grain pillows stuffed with 3 kinds of cheese - \*31

**Lavash Lunchable** – whole grain wrap, ham strips, mozzarella cheese and Ranch dressing - \*11

#### **Asian Food Wednesday –**

**Teriyaki Beef** – with crunchy chow mien - \*26

**Mandarin Orange Chicken** – with vegetable brown rice blend - \*47

**Vegetable Egg Roll** – with egg and vegetable blend - \*26

*All meals include fortune cookie - \*7*

#### **Whole Foods Thursday –**

**Corn Dog** – low fat chicken w/ whole grain breading - \*24

**Curly Mac and Cheese** – whole grain rotini pasta and low fat cheese - \*50

**Rev Foods Chicken Noodle Soup**- \*34

*All meals served with Martian fries - \*22*

#### **TGI Friday –**

**Chicken Nuggets** – white meat chicken with whole grain batter - \*38

**Mini Sliders** – Two petite beef burgers w/cheese - \*53

**Rev Foods Chef Salad** – natural turkey breast meat w/egg, cheese, carrots and organic Ranch dressing - \*28

*All meals served with golden potato rounds - \*18*

Lunch price is \$3.25 and includes milk (BHT and HFCS free) or water, 100% juice and unlimited salad bar.

Organic soy milk is available every day ala carte for \$1 or for an additional 50 cents with lunch.

All meals meet USDA guidelines for Nutrient Based Menu Plan.

Ingredients lists and Nutritional information available on site and on CNS web site as it develops.

CNS accepts cash, checks or online prepayments which can be made at [www.MyNutrikids.com](http://www.MyNutrikids.com)

Child Nutrition Services is an equal opportunity employer!

Applications for substitutes are available through our office year round.

For more information regarding our program please call us at – 925-426-4417

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