

Pleasant Valley High School

Welcome to our Lunch Cafe

3/1/2024 - 3/1/2024

Monday Tuesday Wednesday Thursday Friday



Fish and Chips
crispy breaded fish with a side of baked fries



Cheesy Veggie Burger
warm veggie burger topped with melted cheese on a soft bun
Oven Baked Fries

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Bacon Mushroom Pizza
cheese pizza topped with crispy bacon and fresh mushrooms

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Simply Boxed Meat and Cheese Protein Pack
freshly made meal with diced meat and cheese, fruit medley and crisp bread

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Nacho Bar
crispy nacho chips topped with your choice of toppings

Available Daily: Nachos, Cripsy or Soft Tacos with your choice of Southwest Style - Rice, Beef, Chicken, Veggies, or Black Beans & Cheese Sauce, Shredded Cheddar Cheese, Shredded Lettuce, Salsa and Fresh Pico De Gallo



Fresh Banana
Apple Slices IW 100/2oz
Apple Juice
Garbanzo Beans
Fiesta Corn
Side Garden Salad
Celery

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.



Pleasant Valley High School

Welcome to our Lunch Cafe

3/4/2024 - 3/8/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Cheese Quesadilla
freshly grilled flour tortilla
with melted cheese
Chicken & Cheese
Quesadilla

Thai Chicken Wings
Chicken wings tossed
with garlic, crushed red
pepper and sweet and
sour sauce
Brown Rice Pilaf
Celery Sticks

Sausage Onions &
Peppers Sandwich
Italian sausage sandwich
topped with sauteed
onions and peppers

Incredibowls General
Tso's Chicken
General Tso's seasoned
chicken with brown rice,
broccoli, and scallions

Sushi
California Rolls
Philly Rolls
Veggie Rolls



The Harvest Classic
freshly prepared tortilla
wrap with thinly sliced
ham, mozzarella cheese,
tossed greens and juicy
tomatoes
Sweet Potato Fries

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella
Oven Baked Fries

BBQ Pulled Pork
Sandwich
shredded pork smothered
in a smoky BBQ sauce
and arranged on a soft
bun
Crispy Potato Puffs

Beef Hot Dog on Bun
juicy beef hot dog on a
soft bun

Chicken Bacon
Sandwich
tender, crispy chicken
patty topped with crispy
bacon and leaf lettuce
Oven Baked Fries

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



French Bread Pizza
toasted French bread
topped with pizza sauce
and melted cheese

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice

BBQ Chicken Pizza
fresh pizza dough topped
with BBQ sauce,
mozzarella, cheddar,
chicken strips, red onion
and cilantro

Hand Crafted Pepperoni
Pizza
fresh dough layered with
sauce, topped with
cheese and pepperoni
and baked until crisp

Chicken Fajita Pizza
cheesy pizza slice topped
with fajita chicken, onions
and peppers

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Simply Boxed Yogurt
Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit

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Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit

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yogurt, diced cheese,
granola and dried fruit

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Power Pack
freshly made meal with
yogurt, diced cheese,
granola and dried fruit

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Caesar Wrap

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Turkey BLT Sandwich

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Caesar Wrap

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Turkey BLT Sandwich

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Caesar Wrap

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Nacho Bar
crispy nacho chips
topped with your choice
of toppings

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of toppings

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of toppings

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topped with your choice
of toppings

Available Daily: Nachos, Cripsy or Soft Tacos with your choice of Southwest Style - Rice, Beef, Chicken, Veggies, or Black Beans & Cheese Sauce, Shredded Cheddar Cheese, Shredded Lettuce, Salsa and Fresh Pico De Gallo



Fresh Banana
Blueberries
Apple Juice
Chickpea Salad
Chilled Red Pepper
Strips
Cucumber Coins

Fresh Apple
Mixed Fruit
Corn & Pepper Salad
Side Salad
Celery

Fresh Orange
Apple Slices IW 100/2oz
100% Orange Tangerine
Confetti Kidney Bean
Salad
Baby Carrots
Spinach Salad
Green Pepper Slices

Fresh Pear
Applesauce
100% Grape Juice
Pinto Beans
Corn & Pepper Salad
Side Salad

Fresh Banana
Apple Slices IW 100/2oz
Apple Juice
Garbanzo Beans
Fiesta Corn
Side Garden Salad
Celery

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Pleasant Valley High School

Welcome to our Lunch Cafe

3/11/2024 - 3/15/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Lo Mein Noodle Bowl
flavorful noodle bowl
paired with seasoned
vegetables 🌱 🌱

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles
Sautéed Cinnamon
Apple Slices
Glazed Carrots

Homemade Pasta &
Meatballs
freshly baked meatballs
with tomato sauce over
pasta 🌱
Green Beans
Cheesy Garlic Bread

Stir Fry with Garlic
Chicken
chicken stir fry with
blended vegetables in a
sesame garlic 🌱
Vegetable Fried Rice

Homemade Baked
Pasta with Cheese
pasta topped with melted
cheese, baked to
perfection 🌱 🌱



Balsamic Glazed
Vegetable Sandwich
grilled eggplant, zucchini,
squash and peppers
marinated in balsamic
glaze on a roll 🌱 🌱
Crispy Potato Puffs

Jumpin Jack Burger
Wrap
burger topped with salsa
and cheddar cheese
wrapped in a tortilla 🌱
Sweet Potato Fries

BBQ Chicken Sandwich
warm baked chicken
smothered in BBQ sauce
on a bun and prepared
in-house
Crispy Potato Puffs

L.A Burger
burger topped with
pepper jack cheese,
avocado relish, lettuce
and tomato 🌱
Golden Baked Potato
Wedges

Chicken Nugget &
Mozzarella Stick Combo
Crispy chicken nuggets
and gooey mozzarella
sticks served with dipping
sauce
Oven Baked Fries

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Hand Crafted Three
Cheese Pizza
fresh dough layered with
sauce, topped with
ricotta, mozzarella, and
Parmesan cheeses 🌱

Pizza Chicken Bacon
Ranch
fresh pizza topped with
chicken and bacon,
drizzled with ranch
dressing 🌱 🌱

Macho Taco Pizza
homemade fiesta style
taco meat, tomato sauce,
mozzarella and
parmesan cheese a top
pizza crust brushed with
garlic and oil 🌱

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🌱

Stuffed Crust Pizza
fresh whole grain cheese
pizza with mozzarella
stuffed crust 🌱 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Simply Boxed Yogurt
Sunrise
freshly prepared meal
with creamy yogurt,
crunchy granola,
sunflower seeds and
fruit 🌱 🌱 🌱

Simply Boxed Yogurt
Sunrise
freshly prepared meal
with creamy yogurt,
crunchy granola,
sunflower seeds and
fruit 🌱 🌱 🌱

Simply Boxed Yogurt
Sunrise
freshly prepared meal
with creamy yogurt,
crunchy granola,
sunflower seeds and
fruit 🌱 🌱 🌱

Simply Boxed Yogurt
Sunrise
freshly prepared meal
with creamy yogurt,
crunchy granola,
sunflower seeds and
fruit 🌱 🌱 🌱

Simply Boxed Yogurt
Sunrise
freshly prepared meal
with creamy yogurt,
crunchy granola,
sunflower seeds and
fruit 🌱 🌱 🌱

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Mediterranean Chicken
Salad Pita 🌱

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Ranch Wrap
🌱

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Mediterranean Chicken
Salad Pita 🌱

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Chicken Ranch Wrap
🌱

Deli Bar
an assortment of cold
cuts, cheeses,
condiments and breads,
rolls, or wraps to create
your own sandwich
Mediterranean Chicken
Salad Pita 🌱

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Nacho Bar
crispy nacho chips
topped with your choice
of toppings

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Available Daily: Nachos, Crispy or Soft Tacos with your choice of Southwest Style - Rice, Beef, Chicken, Veggies, or Black Beans & Cheese Sauce, Shredded Cheddar Cheese, Shredded Lettuce, Salsa and Fresh Pico De Gallo



Fresh Banana
Blueberries
Apple Juice
Chickpea Salad
Chilled Red Pepper
Strips
Cucumber Coins

Fresh Apple
Mixed Fruit
Corn & Pepper Salad
Side Salad
Celery

Fresh Orange
Apple Slices IW 100/2oz
100% Orange Tangerine
Confetti Kidney Bean
Salad
Baby Carrots
Spinach Salad
Green Pepper Slices

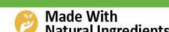
Fresh Pear
Applesauce
100% Grape Juice
Pinto Beans
Corn & Pepper Salad
Side Salad

Fresh Banana
Apple Slices IW 100/2oz
Apple Juice
Garbanzo Beans
Fiesta Corn
Side Garden Salad
Celery

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Pleasant Valley High School

Welcome to our Lunch Cafe

3/18/2024 - 3/22/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle

Grilled Ham & Cheese Sandwich
hand crafted sandwich with thinly sliced ham and melted cheese on grilled golden brown bread P



Honeyfire Kitchen Chicken Tenders
Honey fire kitchen chicken tenders with carrot and celery sticks

Homemade Roasted Pepper & Chicken with Pasta
roasted pepper and seared chicken tossed with pasta in a cream butter sauce



Toasty Garlic Mozzarella Sandwich with Tomato
toasted garlic bread sandwich stuffed with mozzarella and tomato
Baked Potato Wedges

Chicken Ranch Wrap
tender chicken tossed in buttermilk ranch dressing in a wrap
Oven Baked Fries

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house
Oven Baked Fries

Beef Hot Dog on Bun
juicy beef hot dog on a soft bun

Chicken Fajita Wrap
freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese
Crispy Potato Puffs

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Bianco Pizza
pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses

Chicken Florentine Pizza
cheesy pizza slice topped with baby spinach and chicken

Margherita Pizza
freshly prepared dough brushed with garlic and oil, topped with tomato sauce, mozzarella, fresh tomatoes and basil

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Simply Boxed Belgian Waffle Bites
freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and

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Simply Boxed Belgian Waffle Bites
freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
BLT Wrap P

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
BLT Wrap P

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
BLT Wrap P

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Nacho Bar
crispy nacho chips topped with your choice of toppings

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crispy nacho chips topped with your choice of toppings

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crispy nacho chips topped with your choice of toppings

Available Daily: Nachos, Crispy or Soft Tacos with your choice of Southwest Style - Rice, Beef, Chicken, Veggies, or Black Beans & Cheese Sauce, Shredded Cheddar Cheese, Shredded Lettuce, Salsa and Fresh Pico De Gallo



Fresh Banana
Blueberries
Apple Juice
Chickpea Salad
Chilled Red Pepper Strips
Cucumber Coins

Fresh Apple
Mixed Fruit
Corn & Pepper Salad
Side Salad
Celery

Fresh Orange
Apple Slices IW 100/2oz
100% Orange Tangerine
Confetti Kidney Bean Salad
Baby Carrots
Spinach Salad
Green Pepper Slices

Fresh Pear
Applesauce
100% Grape Juice
Pinto Beans
Corn & Pepper Salad
Side Salad

Fresh Banana
Apple Slices IW 100/2oz
Apple Juice
Garbanzo Beans
Fiesta Corn
Side Garden Salad
Celery

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Pleasant Valley High School

Welcome to our Lunch Cafe

3/25/2024 - 3/29/2024

Monday

Tuesday

Wednesday

Thursday

Friday



Alfredo Pasta with Garlic Roasted Broccoli
Pasta with alfredo sauce
Cheesy Garlic Bread

Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken

Cinnamon French Toast
slices of French toast baked to perfection
Orange Glazed Carrots

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY



Tuscany Griller
hand crafted provolone and mozzarella cheese sandwich with basil, topped with balsamic dressing and grilled to perfection

All American Wrap
roast beef, turkey breast, ham and cheese on a wrap with lettuce and tomato
Baked Potato Wedges

1/2 DAY

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Fresh Basil & Red Pepper Pizza
freshly prepared pizza dough lightly brushed with garlic and oil topped with melted mozzarella cheese, roasted peppers

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice

BBQ Chicken Pizza
fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Simply Boxed Pepperoni Pizza Pack
freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks

Simply Boxed Pepperoni Pizza Pack
freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks

Simply Boxed Pepperoni Pizza Pack
freshly prepared meal with cheese and pepperoni, tomato sauce, bread slices and vegetable sticks

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Chicken Ranch Wrap

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Chicken Caesar Wrap

Deli Bar
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich
Chicken Ranch Wrap

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Nacho Bar
crispy nacho chips topped with your choice of toppings

Nacho Bar
crispy nacho chips topped with your choice of toppings

1/2 DAY

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

Available Daily: Nachos, Cripsy or Soft Tacos with your choice of Southwest Style - Rice, Beef, Chicken, Veggies, or Black Beans & Cheese Sauce, Shredded Cheddar Cheese, Shredded Lettuce, Salsa and Fresh Pico De Gallo



Fresh Banana
Blueberries
Apple Juice
Chickpea Salad
Chilled Red Pepper Strips
Cucumber Coins

Fresh Apple
Mixed Fruit
Corn & Pepper Salad
Side Salad
Celery

Fresh Orange
Apple Slices IW 100/2oz
100% Orange Tangerine
Confetti Kidney Bean Salad
Baby Carrots
Spinach Salad
Green Pepper Slices

SCHOOL CLOSED TODAY

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