

Penn Hills Charter School Breakfast November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		November 1 Yogurt & Jungle Crackers 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 2 Chocolate Chunk Oatmeal Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 3 Powdered Superstar WG Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk
November 6 Apple Cinnamon mini loaf & Jungle Crackers 100% Juice Fresh Fruit Low Fat/Fat Free Milk	NO SCHOOL ELCTION DAY	November 8 Cinnamon Burst Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 9 Chocolate Chip Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 10 Cinnamon Superstar WG Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk
November 13 Goody Ring 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 14 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	2 HOUR DELAY	November 16 Apple Cinnamon Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 17 Glazed Superstar WG Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk
November 20 Blueberry mini loaf & Jungle Crackers 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 21 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 22 Yogurt & Jungle Crackers 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 23 Thanksgiving NO SCHOOL	November 24 NO SCHOOL
NO SCHOOL	November 28 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 29 Banana Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	November 30 Chocolate Chip Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Alternate Breakfast Options May Include:

Cereal Bowl with Crackers

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



**Whole Grains
Available Daily**

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

**Proud to manage your
food service program**



The School does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Penn Hills Charter School Lunch Menu November 2017



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



MENUS SUBJECT TO CHANGE

Fresh Fruits and Vegetables Offered Daily

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana



*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving



Milk Choices Offered Daily

1% Chocolate, 1% White and Fat Free White

Offered Daily: Grades 5-8

- * Ham & Cheese Wrap
- * Turkey & Cheese Wrap
- * Chef Salad

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
		November 1 Hot Ham & Cheese on a Pretzel Bun Steamed Carrots Diced Peaches Low Fat/Fat Free Milk	November 2 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	November 3 Teriyaki Chicken over Rice Oriental Vegetables Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets
November 6 Meatball Hoagie Crispy Tater Tots Sliced Peaches Low Fat/Fat Free Milk	November 7 NO SCHOOL ELECTION DAY	November 8 Macaroni & Cheese with Roll Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	November 9 Italian Dunkers w/ Marinara Sauce Steamed Carrots Diced Pears Low Fat/Fat Free Milk	November 10 Orange Kissed Chicken Bowl with Rice Steamed Broccoli Chilled Applesauce Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
November 13 Wrap Attack Potato Wedges Mandarin Oranges Low Fat/Fat Free Milk	November 14 Chicken Alfredo over Penne Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	November 15 Soft Beef & Cheese Tacos Steamed Corn Diced Peaches Low Fat/Fat Free Milk	November 16 Oven Roasted Turkey Stuffing & Dinner Roll Steamed Green Beans Cranberry Sauce Mixed Fruit Low Fat/Fat Free Milk	November 17 Corn Dog Nuggets Steamed Peas Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
November 20 BBQ Rib Sandwich Crispy Tatar Tots Diced Pears Low Fat/Fat Free Milk	November 21 Italian Dunkers with Marinara Sauce Steamed Corn Pineapple Tidbits Low Fat/Fat Free Milk	November 22 Springs with Meat sauce Dinner Roll Steamed Broccoli Mandarin Oranges Low Fat/Fat Free Milk	November 23 THANSGIVING NO SCHOOL	November 24 NO SCHOOL	Cheese Sandwich PB& J Sandwich Chicken Nuggets
November 27 NO SCHOOL	November 28 Swedish Meatballs Over Noodles Steamed Carrots Mixed Fruit Salad Low Fat/Fat Free Milk	November 29 Waffles with Sausage links & Syrup Baked Tater Tots Diced Pears Low Fat/Fat Free Milk	November 30 Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk		Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza