

# Penn Hills Charter School Breakfast August/September 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> WG Iced Cinnamon Roll Fresh Apples & Juice Low Fat/Fat Free Milk	<b>8/29</b> Eggo Waffle Minis Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>8/30</b> Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	<b>8/31</b> Pancake Wrap Applesauce & Juice Low Fat/Fat Free Milk	<b>9/1</b> <p style="text-align: center;"><b>No School</b></p>
<b>9/4</b> <p style="text-align: center;"><b>Labor Day No School</b></p>	<b>9/5</b> Eggo Pancake Minis Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>9/6</b> Cinnamon Burst Bread Slice Apple Slices & Juice Low Fat/Fat Free Milk	<b>9/7</b> Breakfast Taco Applesauce & Juice Low Fat/Fat Free Milk	<b>9/8</b> Glazed Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>9/11</b> WG Iced Cinnamon Roll Fresh Apples & Juice Low Fat/Fat Free Milk	<b>9/12</b> Eggo French Toast Minis Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>9/13</b> Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	<b>9/14</b> Pancake Wrap Applesauce & Juice Low Fat/Fat Free Milk	<b>9/15</b> Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>9/18</b> Chocolate Mini Donuts Fresh Apples & Juice Low Fat/Fat Free Milk	<b>9/19</b> Eggo Waffle Minis Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>9/20</b> <p style="text-align: center;"><b>2 Hour Delay</b></p>	<b>9/21</b> Breakfast Taco Applesauce & Juice Low Fat/Fat Free Milk	<b>9/22</b> Cinnamon Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>9/25</b> WG Iced Cinnamon Roll Fresh Apples & Juice Low Fat/Fat Free Milk	<b>9/26</b> Eggo Pancake Minis Bananas & Juice Low Fat/Fat Free Milk	<b>9/27</b> Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	<b>9/28</b> Pancake Wrap Applesauce & Juice Low Fat/Fat Free Milk	<b>9/29</b> Glazed Superstar WG Donuts Fresh Oranges & Juice 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

**Middle School 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 August/ September 2017



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
<p>You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p>	<p><b>AUGUST 28</b> Meatball Hoagie Crispy Tater Tots Sliced Peaches Low Fat/Fat Free Milk</p>	<p><b>AUGUST 28</b> Corn Dog Nuggets Steamed Peas Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>AUGUST 28</b> Macaroni &amp; Cheese with Roll Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk</p>	<p><b>AUGUST 28</b> Italian Dunkers w/ Marinara Sauce Steamed Carrots Applesauce Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 1</b> Italian Deli Hoagie Garden Salad Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich Chicken Nuggets</p>
 <p><b>Milk Choices Offered Daily</b> 1% Chocolate, 1% White and Fat Free White</p>	<p><b>SEPTEMBER 4</b>  <b>NO SCHOOL LABOR DAY</b></p>	<p><b>SEPTEMBER 5</b> Cheeseburger on a Bun Seasoned Potato Wedges Mandarin Oranges Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 6</b> Chicken Alfredo over Penne Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 7</b> French Toast Sticks with Sausage Patty &amp; Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 8</b> Popcorn Chicken Bowl Mashed Potatoes Tropical Fruit Salad Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich Cheese/ Pepperoni Pizza</p>
 <p><b>*Vegetables may include:</b> Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery &amp; Cucumber <i>*May choose two 1/2 cup servings</i></p> <p><b>*Fruits may include:</b> Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce <i>*May choose one 1/2 cup serving</i></p>	<p><b>SEPTEMBER 11</b> BBQ Rib Sandwich Sweet Potato Fries Diced Pears Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 12</b> Italian Dunkers w/ Marinara Sauce Steamed Broccoli Applesauce Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 13</b> Springs with Meat sauce Dinner Roll Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 14</b> Buffalo/ Grilled Chicken Wrap Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 15</b> Mrs. T's Pierogies w/ Sautéed Onions Steamed Peas Sliced Peaches Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich Cheeseburger on a Bun</p>
<p><b>Fresh Fruits and Vegetables Offered Daily</b></p> <p><b>Offered Daily:</b> * Ham &amp; Cheese Wrap * Turkey &amp; Cheese Wrap * Chef Salad</p>	<p><b>SEPTEMBER 18</b> Chicken Fajita (Onions &amp; Peppers) Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 19</b> Swedish Meatballs Over Noodles Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 20</b> Fish Sticks Baked Tater Tots Diced Pears Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 21</b> Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 22</b> Grilled Cheese Sandwich with Tomato Soup Steamed Green Beans Mandarin Oranges Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich Chicken Nuggets</p>
	<p><b>SEPTEMBER 25</b> Corn Dog Nuggets Steamed Mixed Vegetable Applesauce Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 26</b> General Tso Popcorn Chicken with Rice Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 27</b> Hamburger on a Bun Baked Beans Pineapple Tidbits Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 28</b> Open Face Turkey w/Gravy Mashed Potatoes Tropical Fruit Salad Low Fat/Fat Free Milk</p>	<p><b>SEPTEMBER 29</b> Italian Dunkers Steamed Carrots Diced Pears Low Fat/Fat Free Milk</p>	<p>Cheese Sandwich PB&amp; J Sandwich Cheese/ Pepperoni Pizza</p>

**MENUS SUBJECT TO CHANGE**

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Penn Hills Charter School is proud to participate in the Fresh Fruit and Vegetable Program (FFVP) which is a federally assisted program providing fresh fruits and vegetables to students in participating elementary schools during the school day.