

Penn Hills Charter School Breakfast October 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2 Wild Forest Berry Bread Slice Fresh Apples & Juice Low Fat/Fat Free Milk	October 3 Powdered Sugar Mini Donuts Fresh Bananas & Juice Low Fat/Fat Free Milk	October 4 Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	October 5 Banana Chocolate Chunk Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	October 6 Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
October 9 Columbus Day No School	October 10 WG Cinnamon Roll Fresh Bananas & Juice Low Fat/Fat Free Milk	October 11 Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	October 12 Chocolate Chip Oatmeal Applesauce & Juice Low Fat/Fat Free Milk	October 13 Cinnamon Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
October 16 Goody Ring Fresh Apples & Juice Low Fat/Fat Free Milk	October 17 Chocolate Mini Donuts Fresh Bananas & Juice Low Fat/Fat Free Milk	October 18 2 Hour Delay	October 19 Banana Chocolate Chunk Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	October 20 Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
October 23 Banana Bread Slice Fresh Apples & Juice Low Fat/Fat Free Milk	October 24 WG Cinnamon Roll Fresh Bananas & Juice Low Fat/Fat Free Milk	October 25 Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	October 26 Chocolate Chip Oatmeal Applesauce & Juice Low Fat/Fat Free Milk	October 27 Cinnamon Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
October 30 Goody Ring Fresh Apples & Juice Low Fat/Fat Free Milk	October 31 Powdered Sugar Mini Donuts Bananas & Juice Low Fat/Fat Free Milk	October 2 Yogurt & Jungle Crackers Apple Slices & Juice Low Fat/Fat Free Milk	October 2 Banana Chocolate Chunk Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	October 2 Powdered 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 October 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*



Milk Choices Offered Daily

1% Chocolate, 1% White and Fat Free White



*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

Fresh Fruits and Vegetables Offered Daily

Offered Daily: Grades 5-8

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
	October 2 Chicken & Cheese Nachos with Bread Slice Steamed Corn Mixed Fruit Low Fat/Fat Free Milk	October 3 Popcorn Chicken Bowl Creamy Mashed Potatoes Mandarin Oranges Low Fat/Fat Free Milk	October 4 Crispy Fish Sandwich Steamed Mixed Vegetable Chilled Applesauce Low Fat/Fat Free Milk	October 5 Swedish Meatballs over Noodles Steamed Green Beans Diced Peaches Low Fat/Fat Free Milk	October 6 Fluffy Pancakes & Sausage Patties Crisp Tatar Tots Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
	October 9 No School Columbus Day	October 10 Hot Ham & Cheese on a Pretzel Bun Oven Fries Diced Pears Low Fat/Fat Free Milk	October 11 Italian Dunkers with Marinara Sauce Steamed Carrots Chilled Applesauce Low Fat/Fat Free Milk	October 12 Grilled Cheese Sandwich Steamed Green Beans Mandarin Oranges Low Fat/Fat Free Milk	October 13 Popcorn Chicken Wrap Steamed Peas Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets
	October 16 BBQ Rib Sandwich Seasoned Potato Wedges Juicy Peaches Low Fat/Fat Free Milk	October 17 Pasta & Meat sauce with Dinner Roll Steamed Green Beans Pineapple Tidbits Low Fat/Fat Free Milk	October 18 Waffles with Sausage Patties Crisp Tatar Tots Diced Pears Low Fat/Fat Free Milk	October 19 Beef & Cheese Nachos with Bread Slice Refried Beans Mandarin Oranges Low Fat/Fat Free Milk	October 20 Orange Kissed Chicken Bowl (Popcorn Chicken) Steamed Broccoli Chilled Applesauce Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
	October 23 Cheesesteak Sub Sweet Potato Fries Diced Peaches Low Fat/Fat Free Milk	October 24 Italian Dunkers with Marinara Steamed Mixed Vegetable Mandarin Oranges Low Fat/Fat Free Milk	October 25 Saucy Meatballs over Fluffy Rice & Bread Slice Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	October 26 Grilled Buffalo Chicken Wrap Steamed Corn Chilled Applesauce Low Fat/Fat Free Milk	October 27 Corn Dog Nuggets Creamy Mashed Potatoes Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
	October 30 Turkey & Cheese on a Pretzel Bun Oven Fries Pineapple Tidbits Low Fat/Fat Free Milk	October 31 Beef & Cheese Nachos with Bread Slice Refried Beans Mandarin Oranges Low Fat/Fat Free Milk				Cheese Sandwich PB& J Sandwich Chicken Nuggets

MENUS SUBJECT TO CHANGE

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