

# Penn Hills Charter School Breakfast January 2018



| MONDAY                                                                                                                      | TUESDAY                                                                                                | WEDNESDAY                                                                                   | THURSDAY                                                                                               | FRIDAY                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>January 1</b><br><br><b>No School</b>                                                                                    | <b>January 2</b><br>Chocolate Mini Donuts<br>Apple sauce Cup<br>Orange Juice<br>Low Fat/Fat Free Milk  | <b>January 3</b><br>Yogurt & Bagel<br>Fresh Banana<br>Apple Juice<br>Low Fat/Fat Free Milk  | <b>January 4</b><br>Cinnamon Burst Bread Slice<br>Fresh Apple<br>Orange Juice<br>Low Fat/Fat Free Milk | <b>January 5</b><br>Mini Cinis<br>Fresh Oranges<br>Apple Juice<br>Low Fat/Fat Free Milk             |
| <b>January 8</b><br>Chocolate Chip Oatmeal<br>Benefit Bar<br>Fresh Pear<br>Apple Juice<br>Low Fat/Fat Free Milk             | <b>January 9</b><br>Powdered Mini Donuts<br>Apple sauce Cup<br>Orange Juice<br>Low Fat/Fat Free Milk   | <b>January 10</b><br>Yogurt & Bagel<br>Fresh Banana<br>Apple Juice<br>Low Fat/Fat Free Milk | <b>January 11</b><br>Wild Berry Slice<br>Fresh Apple<br>Orange Juice<br>Low Fat/Fat Free Milk          | <b>January 12</b><br>WG Iced Cinnamon Roll<br>Fresh Oranges<br>Apple Juice<br>Low Fat/Fat Free Milk |
| <b>January 15</b><br><br><b>Dr. Martin Luther King<br/>                     Birthday<br/>                     No School</b> | <b>January 16</b><br>Chocolate Mini Donuts<br>Apple sauce Cup<br>Orange Juice<br>Low Fat/Fat Free Milk | <b>January 17</b><br>Yogurt & Bagel<br>Fresh Banana<br>Apple Juice<br>Low Fat/Fat Free Milk | <b>January 18</b><br>Zucchini Slice<br>Fresh Apple<br>Orange Juice<br>Low Fat/Fat Free Milk            | <b>January 19</b><br><br><b>Clerical Day<br/>                     No School</b>                     |
| <b>January 22</b><br>French Toast<br>Benefit Bar<br>Fresh Pear<br>Apple Juice<br>Low Fat/Fat Free Milk                      | <b>January 23</b><br>Powdered Mini Donuts<br>Apple sauce Cup<br>Orange Juice<br>Low Fat/Fat Free Milk  | <b>January 24</b><br><br><b>2-Hour Delay</b>                                                | <b>January 25</b><br>Banana Bread Slice<br>Fresh Apple<br>Orange Juice<br>Low Fat/Fat Free Milk        | <b>January 26</b><br>Mini Cinis<br>Fresh Oranges<br>Apple Juice<br>Low Fat/Fat Free Milk            |
| <b>January 29</b><br>Banana Chocolate Chunk<br>Benefit Bar<br>Fresh Pear<br>Apple Juice<br>Low Fat/Fat Free Milk            | <b>January 30</b><br>Chocolate Mini Donuts<br>Apple sauce Cup<br>Orange Juice<br>Low Fat/Fat Free Milk | <b>January 31</b><br>Yogurt & Bagel<br>Fresh Banana<br>Apple Juice<br>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 Option :

Assorted Cereal with Toast Slice or 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 White ,1% White  
1% Chocolate

**Proud to manage your  
food service program**



The School District 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 January 2018



## 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



Pineapple  
Tidbits  
Diced Pears  
Applesauce

\*May choose one 1/2 cup serving

\*Vegetables may include:

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

\*May choose two 1/2 cup servings

## 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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EOE

| MONDAY                                                                                                                    | TUESDAY                                                                                                                   | WEDNESDAY                                                                                                                               | THURSDAY                                                                                                                 | FRIDAY                                                                                                                    | Daily Choices                                                |
|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>January 1</b><br><br><b>NO SCHOOL</b>                                                                                  | <b>January 2</b><br>Breaded Chicken Patty<br>On a Bun<br>Baked Beans<br>Diced Pears<br>Low Fat/Fat Free Milk              | <b>January 3</b><br>French Toast Sticks with<br>Sausage Patty & Syrup<br>Baked Tater Tots<br>Pineapple Tidbits<br>Low Fat/Fat Free Milk | <b>January 4</b><br>General Tso Chicken with<br>Rice<br>Steamed Broccoli<br>Chilled Applesauce<br>Low Fat/Fat Free Milk  | <b>January 5</b><br>Corn Dog on a Stick<br>Steamed Carrots<br>Diced Peaches<br>Low Fat/Fat Free Milk                      | Cheese Sandwich<br>PB& J Sandwich<br>Cheeseburger on a Bun   |
| <b>January 8</b><br>Pasta with Meat sauce<br>& Dinner Roll<br>Steamed Broccoli<br>Sliced Peaches<br>Low Fat/Fat Free Milk | <b>January 9</b><br>Italian Dunkers w/<br>Marinara Sauce<br>Steamed Carrots<br>Diced Pears<br>Low Fat/Fat Free Milk       | <b>January 10</b><br>Macaroni & Cheese with Roll<br>Steamed Green Beans<br>Mixed Fruit<br>Low Fat/Fat Free Milk                         | <b>January 11</b><br>Beef Nachos w/ Cheese<br>Steamed Corn<br>Applesauce<br>Low Fat/Fat Free Milk                        | <b>January 12</b><br>Teriyaki Chicken over Rice<br>Oriental Vegetables<br>Mixed Fruit<br>Low Fat/Fat Free Milk            | Cheese Sandwich<br>PB& J Sandwich<br>Chicken Nuggets         |
| <b>January 15</b><br><br><b>Dr. Martin Luther<br/>King Birthday<br/>NO SCHOOL</b>                                         | <b>January 16</b><br>Corn Dog Nuggets<br>Oven Fries<br>Pineapple Tidbits<br>Low Fat/Fat Free Milk                         | <b>January 17</b><br>Soft Beef & Cheese Tacos<br>Steamed Corn<br>Diced Peaches<br>Low Fat/Fat Free Milk                                 | <b>January 18</b><br>General Tso Chicken with<br>Rice<br>Steamed Broccoli<br>Chilled Applesauce<br>Low Fat/Fat Free Milk | <b>January 19</b><br><br><b>Clerical Day<br/>NO SCHOOL</b>                                                                | Cheese Sandwich<br>PB& J Sandwich<br>Cheese/ Pepperoni Pizza |
| <b>January 22</b><br>Wrap Attack<br>Potato Wedges<br>Mandarin Oranges<br>Low Fat/Fat Free Milk                            | <b>January 23</b><br>Breaded Chicken Patty<br>On a Bun<br>Steamed Green Beans<br>Diced Pears                              | <b>January 24</b><br>Spaghetti with Meat sauce<br>Dinner Roll<br>Steamed Broccoli<br>Mixed Fruit<br>Low Fat/Fat Free Milk               | <b>January 25</b><br>Beef Nachos w/ Cheese<br>Steamed Corn<br>Mixed Fruit<br>Low Fat/Fat Free Milk                       | <b>January 26</b><br>Pancakes with Sausage<br>links & Syrup<br>Baked Tater Tots<br>Diced Peaches<br>Low Fat/Fat Free Milk | Cheese Sandwich<br>PB& J Sandwich<br>Cheeseburger on a Bun   |
| <b>January 29</b><br>Chicken Alfredo over<br>Penne<br>Steamed Broccoli<br>Applesauce<br>Low Fat/Fat Free Milk             | <b>January 30</b><br>Italian Dunkers with<br>Marinara Sauce<br>Steamed Corn<br>Pineapple Tidbits<br>Low Fat/Fat Free Milk | <b>January 31</b><br>Swedish Meatballs<br>Over Noodles<br>Steamed Carrots<br>Diced Pears<br>Low Fat/Fat Free Milk                       |                                                                                                                          |                                                                                                                           | Cheese Sandwich<br>PB& J Sandwich<br>Chicken Nuggets         |