

Penn Hills Charter School Breakfast February 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			February 1 Cinnamon Burst Bread Slice Fresh Apple Orange Juice Low Fat/Fat Free Milk	February 2 WG Iced Cinnamon Roll Fresh Oranges Apple Juice Low Fat/Fat Free Milk
February 5 Chocolate Chip Oatmeal Benefit Bar Fresh Pear Apple Juice Low Fat/Fat Free Milk	February 6 Powdered Mini Donuts Apple sauce Cup Orange Juice Low Fat/Fat Free Milk	February 7 Yogurt & Bagel Fresh Banana Apple Juice Low Fat/Fat Free Milk	February 8 Wild berry Bread Slice Fresh Apple Orange Juice Low Fat/Fat Free Milk	February 9 Mini Cinis Fresh Oranges Apple Juice Low Fat/Fat Free Milk
February 12 French Toast Benefit Bar Fresh Pear Apple Juice Low Fat/Fat Free Milk	February 13 Chocolate Mini Donuts Apple sauce Cup Orange Juice Low Fat/Fat Free Milk	February 14 Yogurt & Bagel Fresh Banana Apple Juice Low Fat/Fat Free Milk	February 15 Zucchini Bread Slice Fresh Apple Orange Juice Low Fat/Fat Free Milk	February 16 WG Iced Cinnamon Roll Fresh Oranges Apple Juice Low Fat/Fat Free Milk
February 19 Banana Chocolate Chunk Benefit Bar Fresh Pear Apple Juice Low Fat/Fat Free Milk	February 20 Powdered Mini Donuts Apple sauce Cup Orange Juice Low Fat/Fat Free Milk	February 21 <p style="text-align: center;">2-Hour Delay No Breakfast</p>	February 22 Banana Bread Slice Fresh Apple Orange Juice Low Fat/Fat Free Milk	February 23 Mini Cinis Fresh Oranges Apple Juice Low Fat/Fat Free Milk
February 26 Chocolate Chip Oatmeal Benefit Bar Fresh Pear Apple Juice Low Fat/Fat Free Milk	February 27 Chocolate Mini Donuts Apple sauce Cup Orange Juice Low Fat/Fat Free Milk	February 28 Yogurt & Bagel Fresh Banana Apple 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

Alternate Breakfast Option :
Assorted Cereal with Toast Slice

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 February 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



Fresh Fruits and Vegetables

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana

Pineapple Tidbits
Diced Peaches
Applesauce

*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
			February 1 General Tso Chicken with Rice Steamed Broccoli Mandarin Oranges Low Fat/Fat Free Milk	February 2 Corn Dog Nuggets Steamed Peas Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
February 5 Chicken Fajita Bacon Ranch Wrap Mixed Vegetables Applesauce Cup Low Fat/Fat Free Milk	February 6 Chicken & Waffles Roasted Redskin Potatoes Sliced Peaches Low Fat/Fat Free Milk	February 7 Swedish Meatballs over Noodles Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	February 8 Beef & Cheese Nachos Golden Corn Mixed Fruit Low Fat/Fat Free Milk	February 9 Meatball Hoagie Green Beans Topical Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza Breaded Chicken Salad
February 12 Corn Dog Nuggets Steamed Corn Diced Peaches Low Fat/Fat Free Milk	February 13 French Toast Sticks with Sausage Links & Syrup Tatar Tots Pineapple Tidbits Low Fat/Fat Free Milk	February 14 Mrs. T's Pierogis Steamed Peas Mandarin Oranges Low Fat/Fat Free Milk Lent	February 15 General Tso Chicken with Rice Steamed Broccoli Diced Peaches Low Fat/Fat Free Milk	February 16 Italian Dunkers w/ Marinara Sauce Steamed Mixed Vegetables Applesauce Cup Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun Breaded Chicken Salad
February 19 No School Presidents Day	February 20 Buffalo Chicken Dip with Tortilla Chips Mixed Vegetables Diced Peaches Low Fat/Fat Free Milk	February 21 Oven Roasted Turkey with Gravy & Dressing Steamed Green Beans Pineapple Tidbits Low Fat/Fat Free Milk	February 22 Beef & Cheese Nachos Golden Corn Applesauce Cup Low Fat/Fat Free Milk	February 23 Macaroni & Cheese with Roll Steamed Broccoli Mandarin Orange Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
February 26 Taco Salad Black Bean & Corn Salad Mixed Fruit Low Fat/Fat Free Milk	February 27 Pancakes with Sausage Links & Syrup Baked Tater Tots Diced Peaches Low Fat/Fat Free Milk	February 28 Italian Dunkers w/ Marinara Sauce Steamed Carrots Applesauce Cup Low Fat/Fat Free Milk			Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza Breaded Chicken Salad

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EOE