

Penn Hills Charter School Breakfast March 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			March 1 Cinnamon Burst Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 2 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk
March 5 French Toast Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 6 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 7 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 8 Wild Berry Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 9 Mini Cinni's 100% Juice Fresh Fruit Low Fat/Fat Free Milk
March 12 Banana Chocolate Chunk Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 13 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 14 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 15 Zucchini Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 16 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk
March 19 Chocolate Chip Oatmeal Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 20 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 21 <p style="text-align: center;">2 HOUR DELAY</p>	March 22 Banana Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 23 Mini Cinni's 100% Juice Fresh Fruit Low Fat/Fat Free Milk
March 26 French Toast Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 27 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 28 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 29 Cinnamon Burst Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	March 30 <p style="text-align: center;">NO SCHOOL</p>

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 March 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



*Vegetables may include:

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

*May choose two 1/2 cup servings

Pineapple Tidbits
Diced Peaches
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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EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
			March 1 General Tso Chicken with Rice Steamed Broccoli Chilled Applesauce Low Fat/Fat Free Milk	March 2 Fish Sticks with Roll Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/Pepperoni Pizza
March 5 Pasta with Meat sauce & Dinner Roll Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	March 6 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	March 7 Teriyaki Chicken over Rice Oriental Vegetables Diced Peaches Low Fat/Fat Free Milk	March 8 Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk	March 9 Italian Dunkers w/ Marinara Sauce Steamed Carrots Diced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
March 12 Meatball Hoagie Oven Fries Pineapple Tidbits Low Fat/Fat Free Milk	March 13 Chicken Alfredo over Penne Steamed Green Beans Applesauce Low Fat/Fat Free Milk	March 14 Chili with Crackers Steamed Corn Diced Peaches Low Fat/Fat Free Milk	March 15 General Tso Chicken with Rice Steamed Broccoli Chilled Applesauce Low Fat/Fat Free Milk	March 16 Macaroni & Cheese with Roll Mixed Vegetables Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets
March 19 Swedish Meatballs Over Noodles Steamed Carrots Diced Peaches Low Fat/Fat Free Milk	March 20 Pancakes with Sausage links & Syrup Baked Tater Tots Diced Peaches Low Fat/Fat Free Milk	March 21 Oven Roasted Turkey with Gravy and Dinner Roll Mashed Potatoes Mixed Fruit Low Fat/Fat Free Milk	March 22 Beef Nachos w/ Cheese Steamed Corn Mixed Fruit Low Fat/Fat Free Milk	March 23 Fish Sticks with Roll Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/Pepperoni Pizza
March 26 Cheesesteak Hoagie with peppers & onions Seasoned Potato Wedges Applesauce Low Fat/Fat Free Milk	March 27 Corn Dog Nuggets Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	March 28 NO SCHOOL Spring Recess	March 29 NO SCHOOL Spring Recess	March 30 NO SCHOOL Good Friday	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun