

Penn Hills Charter School Breakfast April 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 2 NO SCHOOL	April 3 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 4 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 5 Cinnamon Burst Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 6 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk
April 9 Chocolate Chip Oatmeal Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 10 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 11 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 12 Wild berry Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 13 Mini Cinni's 100% Juice Fresh Fruit Low Fat/Fat Free Milk
April 16 Banana Chocolate Chunk Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 17 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 18 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 19 Zucchini Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 20 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk
April 23 French Toast Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 24 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 25 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 26 Banana Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	April 27 Mini Cinni's 100% Juice Fresh Fruit Low Fat/Fat Free Milk
April 30 Chocolate Chip Oatmeal Benefit Bar 100% Juice Fresh Fruit 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 Options May Include:

Cereal Bowl with Toast

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 April 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 Pears
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
April 2 No School	April 3 Wrap Attack Seasoned Potato Wedges Mixed Fruit Low Fat/Fat Free Milk	April 4 Popcorn Chicken Bowl Mashed Potatoes Diced Pears Low Fat/Fat Free Milk	April 5 Beef & Cheese Nachos Steamed Corn Pineapple Tidbits Low Fat/Fat Free Milk	April 6 Corn Dog Nuggets Baked Beans Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
April 9 BBQ Rib on Bun Steamed Corn Applesauce Cup Low Fat/Fat Free Milk	April 10 French Toast Sticks with Sausage & Syrup Tatar Tots Sliced Peaches Low Fat/Fat Free Milk	April 11 Tuna Salad Pita Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk	April 12 General Tso Popcorn Chicken Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	April 13 Buffalo Chicken Dip with Tortilla Chips Steamed Carrots Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza Breaded Chicken Salad
April 16 Pulled BBQ Pork on a Bun Oven Fries Mandarin Oranges Low Fat/Fat Free Milk	April 17 Chicken Parmesan Sandwich Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk	April 18 Swedish Meatballs over Noodles Steamed Carrots Low Fat/Fat Free Milk	April 19 Beef & Cheese Nachos Steamed Corn Sliced Peaches Low Fat/Fat Free Milk	April 20 Italian Dunkers w/ Marinara Sauce Steamed Green Beans Applesauce Cup Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun Breaded Chicken Salad
April 23 Cheesesteak Hoagie Tatar Tots Mandarin Orange Low Fat/Fat Free Milk	April 24 Buffalo Chicken Dip with Tortilla Chips Steamed Corn Sliced Peaches Low Fat/Fat Free Milk	April 25 Chili with Crackers Steamed Green Beans Pineapple Tidbits Low Fat/Fat Free Milk	April 26 General Tso Popcorn Chicken Steamed Broccoli Applesauce Cup Low Fat/Fat Free Milk	April 27 Professional Day No School	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
April 30 Taco Salad Black Bean & Corn Salad Mixed Fruit Low Fat/Fat Free Milk					Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza Breaded Chicken Salad

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EOE