

Penn Hills Charter School Breakfast May 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	May 1 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 2 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 3 Cinnamon Burst Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 4 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk
May 7 Chocolate Chip Oatmeal Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 8 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 9 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 10 Wild berry Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 11 Mini Cinni's 100% Juice Fresh Fruit Low Fat/Fat Free Milk
May 14 Banana Chocolate Chunk Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 15 No School Primary Election Day	May 16 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 17 Zucchini Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 18 WG Iced Cinnamon Roll 100% Juice Fresh Fruit Low Fat/Fat Free Milk
May 21 French Toast Benefit Bar 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 22 Powdered Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 23 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 24 Banana Bread Slice 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 25 No School Kennywood Picnic Day
May 28 No School Memorial Day	May 29 Chocolate Mini Donuts 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 30 Yogurt & Bagel 100% Juice Fresh Fruit Low Fat/Fat Free Milk	May 31 Cinnamon Burst Bread Slice 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 May 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

*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



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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
	May 1 Waffles with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	May 2 Turkey & Cheese on a Pretzel Bun Au gratin Potatoes Diced Peaches Low Fat/Fat Free Milk	May 3 Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk	May 4 Picnic Day Hot Dog on a Bun/ Cheeseburger Corn on the Cob Baked Beans/ Coleslaw Watermelon Slice Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/Pepperoni Pizza
May 7 Pasta with Meat sauce & Dinner Roll Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	May 8 General Tso Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	May 9 Buffalo Chicken Dip with Fresh Baby Carrots Tortilla Chips Diced Pears Low Fat/Fat Free Milk	May 10 Soft Tacos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk	May 11 Italian Dunkers with Marinara Sauce Steamed Carrots Diced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
May 14 Pulled Pork on a Bun Seasoned Potato Wedges Pineapple Tidbits Low Fat/Fat Free Milk	May 15 NO SCHOOL Primary Election Day	May 16 Teriyaki Chicken over Rice Broccoli Diced Peaches Low Fat/Fat Free Milk	May 17 Beef Nachos w/ Cheese Steamed Corn Chilled Applesauce Low Fat/Fat Free Milk	May 18 Popcorn Chicken Bowl Mashed Potatoes Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets
May 21 Chili with Crackers Steamed Carrots Diced Pears Low Fat/Fat Free Milk	May 22 General Tso Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	May 23 Italian Dunkers with Marinara sauce Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	May 24 Soft Tacos w/ Cheese Steamed Corn Mixed Fruit Low Fat/Fat Free Milk	May 25 NO SCHOOL Kennywood Picnic Day	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
May 28 NO SCHOOL Memorial Day	May 29 French Toast Sticks with Sausage links & Syrup Baked Tater Tots Diced Peaches Low Fat/Fat Free Milk	May 30 Chicken Salad Pita Fresh Baby Carrots Mixed Fruit Low Fat/Fat Free Milk	May 31 Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk		Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun