

# Penn Hills Charter School Lunch Menu June 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
<b>Breakfast</b>				<b>June 1</b> Ego Waffle Minis 100% Fruit Juice Low Fat/Fat Free Milk	Assorted Cereal with Jungle Crackers
<b>June 4</b> Benefit Bar 100% Fruit Juice Low Fat/Fat Free Milk	<b>June 5</b> Pancake on a Stick with Syrup 100% Fruit Juice Low Fat/Fat Free Milk	<b>June 6</b> Cinnamon Roll Steamed Broccoli 100% Fruit Juice Low Fat/Fat Free Milk	<b>June 7</b> Sausage & Cheese English Muffin 100% Fruit Juice Low Fat/Fat Free Milk	<b>June 8 Last Day !</b> Managers Choice 100% Fruit Juice Low Fat/Fat Free Milk	Assorted Cereal with Jungle Crackers
<b>Lunch</b>				<b>June 1</b> Breaded Chicken Patty on a Bun Steamed Green Beans Applesauce Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun Breaded Chicken Salad
<b>June 4</b> Italian Hoagie Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	<b>June 5</b> Salisbury Steak with Gravy & Dinner Roll Mashed Potatoes Sliced Peaches Low Fat/Fat Free Milk	<b>June 6</b> Italian Dunkers with Marinara Sauce Steamed Corn Diced Pears Low Fat/Fat Free Milk	<b>June 7</b> Hot Dogs/ Hamburger Baked Beans Cole slaw Mixed Fruit Low Fat/Fat Free Milk	<b>June 8 Last Day !</b> Managers Choice Steamed Carrots Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
	<b>Have a Safe and Fun Summer!!</b>				

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