

# Penn Hills Charter School Breakfast August/September 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 3</b> <b>Labor Day</b> <b>No School</b>	<b>September 4</b> Chocolate Mini Donuts Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>September 5</b> Apple Roll Apple Slices & Juice Low Fat/Fat Free Milk	<b>September 6</b> Chocolate Chip Oatmeal Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>September 7</b> Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>September 10</b> WG Blueberry Muffin Fresh Apples & Juice Low Fat/Fat Free Milk	<b>September 11</b> Powdered Mini Donuts Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>September 12</b> Banana Bread Slice Apple Slices & Juice Low Fat/Fat Free Milk	<b>September 13</b> Cocoa Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>September 14</b> WG Iced Cinnamon Roll Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>September 17</b> Goody Ring Fresh Apples & Juice Low Fat/Fat Free Milk	<b>September 18</b> Chocolate Mini Donuts Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>September 19</b> Apple Roll Apple Slices & Juice Low Fat/Fat Free Milk	<b>September 20</b> Banana Chocolate Chunk Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>September 21</b> Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk
<b>September 24</b> WG Blueberry Muffin Fresh Apples & Juice Low Fat/Fat Free Milk	<b>September 25</b> Powdered Mini Donuts Fresh Bananas & Juice Low Fat/Fat Free Milk	<b>September 26</b> Cinnamon Bread Slice Apple Slices & Juice Low Fat/Fat Free Milk	<b>September 27</b> Chocolate Chip Oatmeal Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk	<b>September 28</b> WG Iced Cinnamon Roll Fresh Oranges & 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 Options May Include:

Peanut Butter & Jelly Bar Or Cereal 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 White and Low Fat White

**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 of Entrepreneurship Lunch Menu August / September 2018-2019



## 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  
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

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

1% Chocolate, 1% White and Fat Free White

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EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
<b>SEPTEMBER 3</b>  <b>NO SCHOOL LABOR DAY</b>	<b>SEPTEMBER 4</b> Soft Beef & Cheese Tacos Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk	<b>SEPTEMBER 5</b> Corn Dog Nuggets Tater Tots Sliced Peaches Low Fat/Fat Free Milk	<b>SEPTEMBER 6</b> General Tso Popcorn Chicken with Rice Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk	<b>SEPTEMBER 7</b> Italian Dunkers with Marinara Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
<b>SEPTEMBER 10</b> Teriyaki Chicken & Vegetables over Fluffy Rice Diced Pears Low Fat/Fat Free Milk	<b>SEPTEMBER 11</b> Wrap Attack Blended Mixed Vegetables Applesauce Low Fat/Fat Free Milk	<b>SEPTEMBER 12</b> Popcorn Chicken Bowl Mashed Potatoes Mandarin Oranges Low Fat/Fat Free Milk	<b>SEPTEMBER 13</b> Beef Nachos w/ Cheese Steamed Corn Mixed Fruit Low Fat/Fat Free Milk	<b>SEPTEMBER 14</b> Ham & Cheese on a Pretzel Bun Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
<b>SEPTEMBER 17</b> BBQ Rib Sandwich Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	<b>SEPTEMBER 18</b> French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Mixed Fruit Salad Low Fat/Fat Free Milk	<b>SEPTEMBER 19</b> Italian Dunkers with Marinara Green Beans Diced Pears Low Fat/Fat Free Milk	<b>SEPTEMBER 20</b> General Tso Popcorn Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	<b>SEPTEMBER 21</b> Sloppy Joe on a Bun Oven Fries Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
<b>SEPTEMBER 24</b> Deluxe Philly Steak n' Cheese Sub Green Beans Applesauce Low Fat/Fat Free Milk	<b>SEPTEMBER 25</b> Chicken 'n' Waffle w/ Syrup Tater Tots Sliced Peaches Low Fat/Fat Free Milk	<b>SEPTEMBER 26</b> Swedish Meatballs Over Noodles Pineapple Tidbits Low Fat/Fat Free Milk	<b>SEPTEMBER 27</b> Walking Taco Steamed Corn Mixed Fruit Salad Low Fat/Fat Free Milk	<b>SEPTEMBER 28</b> Creamy Macaroni & Cheese with Roll Steamed Broccoli Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun