

Penn Hills Charter School Breakfast October 2018



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| October 1 Banana Muffin Fresh Apples & Juice Low Fat/Fat Free Milk | October 2 Apple Roll Fresh Bananas & Juice Low Fat/Fat Free Milk | October 3 Wild Berry Bread Slice Apple Slices & Juice Low Fat/Fat Free Milk | October 4 Banana Chocolate Chunk Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk | October 5 Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk |
| October 8 WG Blueberry Muffin Fresh Apples & Juice Low Fat/Fat Free Milk | October 9 Cinnamon Roll Fresh Bananas & Juice Low Fat/Fat Free Milk | October 10 Banana Bread Slice Apple Slices & Juice Low Fat/Fat Free Milk | October 11 Cocoa Chip Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk | October 12 Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk |
| October 15 Banana Muffin Fresh Apples & Juice Low Fat/Fat Free Milk | October 16 Apple Roll Fresh Bananas & Juice Low Fat/Fat Free Milk | October 17 Cinnamon Bread Slice Apple Slices & Juice Low Fat/Fat Free Milk | October 18 Banana Chocolate Chunk Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk | October 19 Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk |
| October 22 WG Blueberry Muffin Fresh Apples & Juice Low Fat/Fat Free Milk | October 23 Cinnamon Roll Fresh Bananas & Juice Low Fat/Fat Free Milk | October 24 2 HR Delay No Breakfast | October 25 Cocoa Chip Benefit Bar Applesauce & Juice Low Fat/Fat Free Milk | October 26 Powdered Superstar WG Donuts Fresh Oranges & Juice Low Fat/Fat Free Milk |
| October 29 Banana Muffin Fresh Apples & Juice Low Fat/Fat Free Milk | October 30 Apple Roll Fresh Bananas & Juice Low Fat/Fat Free Milk | October 31 Wild Berry Bread Slice Apple Slices & 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 October 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 Peaches
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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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Daily Choices |
|--|---|---|--|--|---|
| October 1 Corn Dog Nuggets Green Beans Mixed Fruit Low Fat/Fat Free Milk | October 2 Beef Nachos w/ Cheese Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk | October 3 BBQ Grilled Chicken on a Bun Scalloped Potatoes Sliced Peaches Low Fat/Fat Free Milk | October 4 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk | October 5 Tuna Salad Pita Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk | Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza |
| October 8 Italian Dunkers Steamed Corn Diced Peaches Low Fat/Fat Free Milk | October 9 Wrap Attack Potato Wedges Applesauce Low Fat/Fat Free Milk | October 10 Spaghetti & Meatballs Blended Mixed Vegetables Mandarin Oranges Low Fat/Fat Free Milk | October 11 General Tso Popcorn Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk | October 12 Buffalo Chicken Dip with Tortilla Chips Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk | Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun |
| October 15 Swedish Meatballs Over Noodles Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk | October 16 Beef Nachos w/ Cheese Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk | October 17 Chicken 'n' Waffle w/ Syrup Tater Tots Diced Peaches Low Fat/Fat Free Milk | October 18 Creamy Macaroni and Cheese with Roll Green Beans Applesauce Low Fat/Fat Free Milk | October 19 Popcorn Chicken Bowl Mashed Potatoes Mandarin Oranges Low Fat/Fat Free Milk | Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun |
| October 22 Loaded Fries with Beef and Cheese Steamed Carrots Applesauce Low Fat/Fat Free Milk | October 23 Taco Salad with Tortilla Chips Black Bean and Corn Salad Sliced Peaches Low Fat/Fat Free Milk | October 24 Italian Dunkers with Marinara Green Beans Pineapple Tidbits Low Fat/Fat Free Milk | October 25 General Tso Popcorn Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk | October 26 Chicken Pot Pie Mixed Vegetable Diced Peaches Low Fat/Fat Free Milk | Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza |
| October 29 Deluxe Philly Steak n' Cheese Sub Green Beans Applesauce Low Fat/Fat Free Milk | October 30 Beef Nachos w/ Cheese Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk | October 31 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk | | | Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun |